



## My Child's Temperament Traits<sup>1,2,3</sup>

### Handout C7

These are the nine traits that contribute to temperament.  
Feel free to write in some typical behaviors you observe from your child frequently.

#1...Sensitivity \_\_\_\_\_

\_\_\_\_\_  
#2...Intensity of Reaction or Response \_\_\_\_\_

\_\_\_\_\_  
#3...Activity Level \_\_\_\_\_

\_\_\_\_\_  
#4...Adaptability \_\_\_\_\_

\_\_\_\_\_  
#5...Approach or Withdrawal \_\_\_\_\_

\_\_\_\_\_  
#6...Persistence or Attention Span \_\_\_\_\_

\_\_\_\_\_  
#7...Regularity \_\_\_\_\_

\_\_\_\_\_  
#8...Quality of Mood \_\_\_\_\_

\_\_\_\_\_  
#9...Distractibility \_\_\_\_\_

\_\_\_\_\_

Continued



### The Flexible/Easygoing Child:

- ☐ Adjusts quickly to new situations and people
- ☐ Is generally in a good mood and smiles a lot
- ☐ Eats and sleeps on a regular schedule
- ☐ Reacts mildly to discomforts
- ☐ Finds ways to calm themselves
- ☐ Easily warms up to new people
- ☐ Isn't as demanding as many other children
- ☐ Doesn't have strong reactions when disturbed, hurt, or upset
- ☐ Usually doesn't cry unless they're experiencing discomfort
- ☐ Is happy to entertain themselves for short periods of time

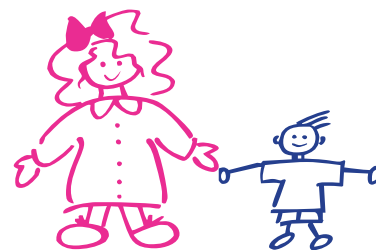


### The Shy/Cautious Child:

- ☐ Warms up slowly to new situations and people
- ☐ Clings to familiar people
- ☐ Is watchful and cautious
- ☐ Is easily over stimulated
- ☐ Is slow to smile
- ☐ Withdraws from/runs away from new experiences
- ☐ Responds slowly or quietly to hunger and other discomforts

### The Feisty/High Intensity Child:

- ☐ Has difficulty adjusting to changes in routine, new situations, or unfamiliar people
- ☐ Is often not hungry or tired at meal or bed time
- ☐ Has strong reactions to things they don't like
- ☐ Is strong willed
- ☐ Is very active and noisy
- ☐ Tests limits, again and again
- ☐ Has difficulty calming themselves
- ☐ Demands attention
- ☐ Sleeps lightly or gets up frequently during the night
- ☐ Doesn't like moving from one activity to another and lets you know it



Continued



### *How Parents Can Support the Flexible/Easygoing Child:*

- Give them lots of attention and stimulation, even when they don't require it (they may not demand it but they still need it)
- Make time each day being one-on-one with them playing and cuddling
- Learn and respond to their not-so-obvious cues and signals (this is how they communicate their wants and needs)
- Encourage others to spend one-on-one time with them
- Respect their need for routines
- Enjoy how competent they make you feel as a parent

### *How Parents Can Support the Shy/Cautious Child:*

- Slowly introduce them to new situations and people, giving them lots of time to feel comfortable rather than pushing them before they're ready
- Let other people know that they're shy and ask them to wait before they approach, or suggest that others keep their distance and watch for those not-so-obvious cues that it's okay to approach them
- Watch for signals that they're feeling overstimulated and remove them from the situation if it's too overwhelming
- Give them lots of opportunities to try new things
- Be patient

### *How Parents can Support the Feisty/High Intensity Child:*

- Know that there is no right or wrong temperament
- Share information about temperaments with others
- Establish daily routines to help them feel secure
- Talk with them about changes in their routine and give them time to prepare for the change Give plenty of time to transition from one activity to another
- Be consistent with setting limits
- Use **E-Parenting** to talk with them about their feelings
- Remain calm and remind yourself that they're not intentionally behaving this way
- Take time to care for yourself so that you're recharged for parenting