



## Temperament-Smart Parenting Strategies<sup>1,2,7</sup>

### Handout A15

**Challenging Behavior #1:** \_\_\_\_\_

What causes my baby to do this? \_\_\_\_\_

Is my baby doing this to intentionally "annoy" me? \_\_\_\_\_

How do **I** feel when my baby does this? \_\_\_\_\_

Which Daily Do will I use to support my baby's emotions and behaviors? \_\_\_\_\_

What other Temperament-Smart Strategies can I try? \_\_\_\_\_

**Challenging Behavior #2:** \_\_\_\_\_

What causes my baby to do this? \_\_\_\_\_

Is my baby doing this to intentionally "annoy" me? \_\_\_\_\_

How do **I** feel when my baby does this? \_\_\_\_\_

Which Daily Do will I use to support my baby's emotions and behaviors? \_\_\_\_\_

What other Temperament-Smart Strategies can I try? \_\_\_\_\_



Continued

## Temperament-Smart Strategies:

- Give them lots of love and attention
- Make special time each day for playing together
- Watch for their cues and signals **AND** then respond in nurturing ways
- Use feeling words to help them understand which emotion they're feeling
- Set and stick to routines
- Let them know if there is going to be a change in their routine before it happens
- Give them time to warm-up to new people and places as well as unfamiliar situations
- Prepare them for transitions by giving them warnings before it's time to switch to another activity
- Set consistent limits with love
- Make sure that they're getting enough sleep each day
- Check how **I'M** feeling **BEFORE** responding to their strong feelings and behaviors
- Encourage others to play with them

