



Temperament Traits^{1,2,4,5,7}

Handout A14

Check off any characteristic from the three categories below that you frequently see in your baby.



Flexible/Easygoing Traits:

- ☐ Adjusts quickly to new situations and people
- ☐ Is usually in a good mood and smiles a lot
- ☐ Eats and sleeps on a regular schedule
- ☐ Reacts mildly to discomforts
- ☐ Can find ways to calm or soothe themselves
- ☐ Easily warms up to new people
- ☐ Not as demanding as many other babies
- ☐ 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

*Which
traits do you
frequently see in
your baby?*

Shy/Cautious Traits:

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

Feisty/High Intensity Traits:

- ☐ Difficulty adjusting to changes and new situations or people
- ☐ Is often not hungry at meal time or not tired at bedtime
- ☐ Is sensitive and reactive to adults being upset with them
- ☐ 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 me know it