What is your child's temperament?

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For each trait below, make on the continuum where you think your child is. (You may also think about where you are on each line...)

	Activity Level											
	Sits quietly, moves slowly	1	2	3	4	5	6	7	8	9	10	Always moving / full of energy
Regularity (biological functions)												
	Unpredictable, no patterns	1	2	3	4	5	6	7	8	9	10	Eats, sleeps, poops like clockwork
	orproduction patterns											
					Ann	roach to	New S	Situation	ne			
	Shy / Hesitant	1	2	3	лрр 4	5	6	7	8	9	10	Bold / Willing to Jump In
	ony, nacitalit	_						•				Dota, Timing to tamp in
							ptability					
	Upset by Transition / Change	1	2	3	4	5	6	7	8	9	10	Easy transitions, OK w/change
						0.						
_	Tacily Chamblad / Distumber	1	2	2	4		nsitivity		0	0	10	Innovas little oppositions
	Easily Startled / Disturbed	1	2	3	4	5	6	7	8	9	10	Ignores little annoyances

						lata							
	Low kov mild reactions	1	2	3	4		nsity 6	7	8	9	10	Laughe laudhy crìoc laudhy	
	Low-key, mild reactions	1	2	3	4	5	О	,	٥	9	10	Laughs loudly, cries loudly	
Quality of Mood													
	Negative, hard to please, ser	ious 1	2	3	4	5	6	7	8	9	10	Positive, optimistic, happy	
						Distra	ctibility						
	Ignores surroundings / focu	sed 1	2	3	4	5	6	7	8	9	10 1	Easily sidetracked, distracted	
							stence						
	Gives up when frustrated	1 :	2	3	4	5	6	7	8	9	10 Sti	cks to activity, even if frustrate	ed

Questions to ask yourself:

What are your child's greatest strengths, temperament-wise? What situations work well for them? How can knowing that make parenting easier for you?

What are your child's weaknesses, in terms of temperament? What environments and situations are particularly hard for him or her? What could you adapt about your current parenting behavior and daily routines to make it easier for your child to succeed? As your child gets older, what could you do to help your child learn to cope better with things that don't fit well with his/her natural strengths?

Where are you similar to your child? Where are you different? What benefits or challenges come from your "goodness of fit?"

How about your child's other parent and other caregivers? Are there places where their temperament is a good match for your child's? Are there places where their temperaments lead to clashes?