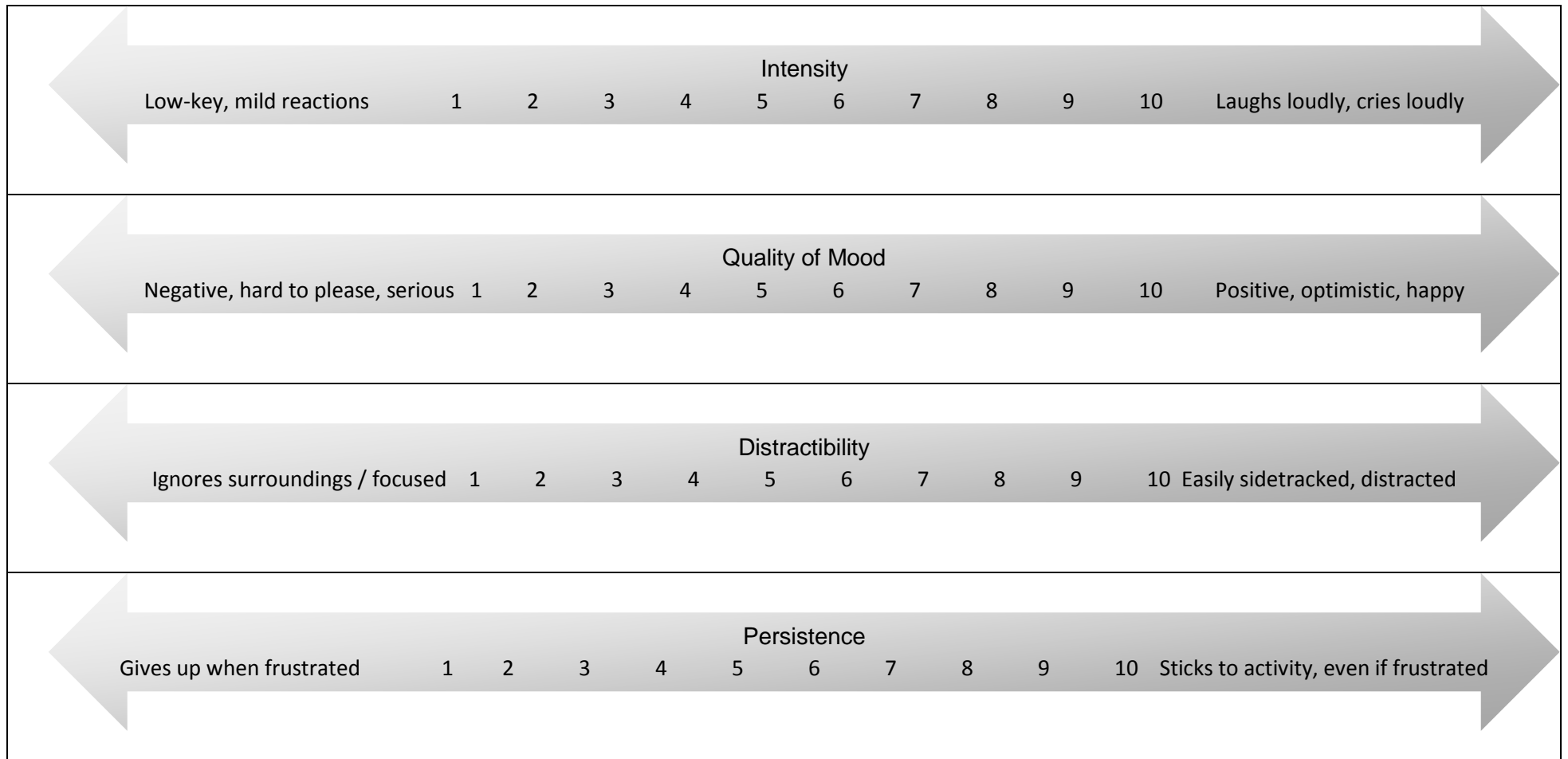


# What is your child's temperament?

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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	
Approach to New Situations												
Shy / Hesitant	1	2	3	4	5	6	7	8	9	10	Bold / Willing to Jump In	
Adaptability												
Upset by Transition / Change	1	2	3	4	5	6	7	8	9	10	Easy transitions, OK w/change	
Sensitivity												
Easily Startled / Disturbed	1	2	3	4	5	6	7	8	9	10	Ignores little annoyances	



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?