

Understanding your child's Temperament

Your child's temperament influences how they think, behave and react to situations. Temperament is the building blocks of personality, and describes your child's behavioural style.

In reviewing your child's temperament please watch the Temperament video on the website www.sitgap.org and complete this sheet.

Child's Name:Age:

What is temperament?

Your temperament is made up of three distinct types: easy, difficult and slow to warm up. As well as nine temperament traits (see picture) Work through the following questions relating to the nine traits and circle the number on each scale which represents your child temperament.

There are no right or wrong answers but being aware of how your child thinks, behaves and reacts to situations can be useful when helping them manage BIG feelings.



Activity level: this relates to your child's 'idle' speed or how active they generally are. Do they sit and quietly watch or are they always on the go? Do they enjoy high energy activities or prefer less energetic activities?

How would you rate your child's 'idle' speed and activity level?

1 2 3 4 5 6 7 8 9 10

Low

High

(Sit quietly)

(High energy activities)

The World Health Organisation recommends a minimum of 60 minutes moderate to vigorous exercise a day for children. This is over 12,000 steps for girls and over 15,000 steps for boys. Do you build in running around time for your child? Could you walk somewhere instead of jumping in the car?

Physical activity is great at reducing stress. Bouncing on a trampoline uses different brain waves in your brain to sitting and studying, so it can help children to refocus and reframe a thought process, if they are struggling with school work. If you have a child whose 'Activity' gauge is high on the temperament traits make sure you incorporate exercise into your day.

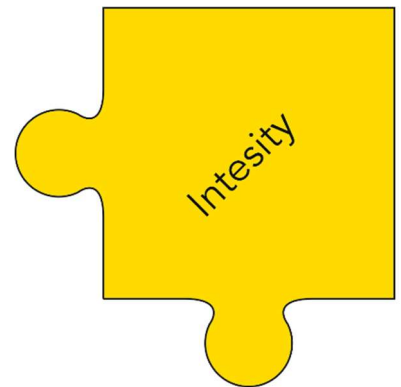


Distractibility: this looks at how much attention your child pays to something they aren't particularly interested in. How side-tracked do they become? If they are upset can they be soothed by offering an alternative activity?

How would you rate your child's distractibility?

1 2 3 4 5 6 7 8 9 10
Hard to distract Very easy to distract

Intensity: this looks at the level of response you'd get from your child whether positive or negative. Does your child show pleasure or upset strongly and dramatically, or do they become quieter when upset?



How would you rate your child's intensity of response?

1 2 3 4 5 6 7 8 9 10
Low High
(keeps quiet) (everyone knows their feelings)



Regularity: this looks at how predictable your child is with their biological functions like appetite and sleep. Do they get hungry and tired at predictable times or are they totally unpredictable?

How would you rate your child's regularity?

1 2 3 4 5 6 7 8 9 10
Very regular Totally irregular



Sensory threshold: this considers how sensitive your child is to physical stimuli e.g. sound, taste, touch and temperature changes. Does your child startle at loud noises? Are they a picky eater or will they eat anything? How do they respond to the feel of clothing?

How would you rate your child's sensory threshold?

1 2 3 4 5 6 7 8 9 10

Low (eat anything, wear anything aren't bothered by noise) **High** (are concerned by taste, texture, noises and sensations)

Approach / withdrawal: this asks how your child responds to new situations or strangers. Do they approach them readily or become hesitant and resistant to new situations, people and things?



How would you rate your child's response to new situations/people?

1 2 3 4 5 6 7 8 9 10

Eager or enthusiastic **Hesitant or resistant**



Adaptability: this relates to how well your child adapts to transitions and changes. How do they cope with moving from one activity to another? Are they happy to change activity or take a long time to become comfortable in new situations?

How would you rate your child's adaptability?

1 2 3 4 5 6 7 8 9 10

Low **High**
