

Identifying Temperament

The nine traits below help to identify a person's temperament type (flexible/ easy-going, quiet/slow-to-warm-up/ cautious, or always-on-the-go/ active/feisty). Identify where you fall on the continuum for each temperament trait and write your initials on that spot. Then identify where your Infant/Family Case Study child falls and write his/her initials on that spot. What is your temperament type? What is the child's temperament?

1. ACTIVITY LEVEL

High activity

Has lots of energy & difficulty sitting still; wiggles & squirms

Low activity

Prefers quiet, sedentary activities

2. DISTRACTABILITY

High distractibility

Has difficulty concentrating & paying attention; easily distracted

Low distractibility

Has high degree of concentration & focus; not easily distracted

3. INTENSITY

High intensity

Has strong/ intense, dramatic positive & negative reactions

Low intensity

Has muted or mild emotional reactions

4. REGULARITY

Irregular

Disorganized & has unpredictable sleeping, eating & elimination patterns

Highly regular

Has predictable sleeping, eating & elimination patterns; likes order & routines

5. SENSITIVITY

High sensitivity

Sensitive to sounds, touch, tastes, temperature changes

Low sensitivity

Doesn't mind sounds, touch, tastes, temperature changes

6. APPROACHABILITY

Low approaching

Hesitant or resistant when faced with new situations, people, things

High approaching

Eagerly approaches new situations/ people

7. ADAPTABILITY

Low adaptability

Needs more time to transition to new activities or situations; hesitant

High adaptability

Transitions easily to new situations, changes, or activities

8. PERSISTENCE

Low persistence

Easily frustrated & moves to new activities when faced with obstacles

High persistence

High tolerance for frustration & preserves in activities

9. MOOD

Serious mood

Reacts to situations in observant, more serious manner

Positive mood

Generally cheerful & reacts to the world in positive way

TEMPERAMENT TYPES ON THE CONTINUUM:

Always-on-the Go/Active/Feisty

Quiet/Slow-to-warm-up/ Cautious

Easy-going/ Flexible