

Temperament in Early Childhood

Babies are born with different temperaments. They approach everyday events and challenges in different ways. Biology helps determine our temperament, but environment and experiences also play an important role.



The Take-Home

We all have different temperaments! The interplay of temperament and environment shapes children's development. Adapting to a child's needs and providing a supportive environment will help them thrive.

Want to
Learn
More?



Science Says

- We can think of temperament as having three general components, or dimensions: 1. the tendency to react in a positive way, 2. the tendency to react in a negative way, and 3. attention, soothability, and regulation. Each dimension is a continuum, meaning a child can show more or less of each behavior. A child's behavior within each dimension combines to create their unique temperament.
- You cannot change a child's temperament, but you can change how you respond to it. You can alter your behavior and environment to meet the individual needs of the child. This encourages the child to expand their boundaries and develop strategies to overcome challenges.



Try it at Home

- Provide supportive environments for all children, based on their individual and unique temperament. For example, providing a shy child with a stable routine will foster a sense of order and security. Introducing him to new situations slowly will allow him the time he needs to adapt.
- Make sure that your expectations of child align with their unique temperament.
- Expose children to new experiences within their comfort level. Learn what children need in new situations.