

Temperament

Children thrive when their caregivers create environments that are responsive to their temperament.



GET IN THE COMFORT ZONE

We all approach everyday events and challenges differently. This is called temperament. Biology, environment, and experience influence every child's temperament.



TRY THIS!

Introduce children to new experiences that reflect their comfort level. For example, children who are sensitive to sound might be overwhelmed at large family gathering. Prepare a quiet area to make them more comfortable.

TEMPER YOUR ROUTINE

Temperament is determined by our tendency to react positively or negatively, as well as our ability to soothe and regulate our emotions. We can show more or less of each behavior.



TRY THIS!

Responsive routines reflect a child's unique temperament. Plan predictable snack times for children who respond negatively to hunger. Give reminders to support transitions. Say, "Two minutes until bedtime!" Consistency is key.

EXPECT THE UNEXPECTED

You cannot change a child's temperament, but you can change how you respond to their needs. This encourages children to develop strategies to overcome challenges.



TRY THIS!

All children need boundaries to feel safe as they explore. Some children need more guidance than others! Try telling your child what they can do instead of what they can't do. Instead of "Don't run," try, "We walk in the house."

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