



Understanding Temperament

Learning about your child's temperament will help you help your child adapt to certain situations throughout his or her life. How well your child can adapt his or her temperament to fit the world around him can affect how much your child learns, how well he behaves, and ultimately, how happy a life he can have.

What is Temperament?

Temperament:

- Is how a person usually acts.
- Is made up of several different traits.
- Is neither good nor bad.
- Has nothing to do with temper.

Our temperament stays pretty much the same through our lives, but we can learn to act differently. We cannot change temperaments, but we can choose how we express and use our temperament.

Why is Understanding Temperament Important?

Adapting temperament will affect how much your child learns, how well he or she behaves, and how happy a life your child can have.

When your child is very young, it is up to you to make good choices based on your child's temperament. As your child grows, it is your job to help him learn to make good choices based on his temperament. What might be a good choice for you and your temperament might not be as good for your child. Understanding your child's temperament is very **important!**

Why Do I Need To Know About Temperament?

- You can provide activities that work with your child's temperament and that he can enjoy.
- You can encourage her to try activities for which her temperament is best suited.
- You can understand how you and your child are alike and different.
- You can guide and discipline your child in positive ways that match his temperament.
- You can better help him plan for his future.
- You can help teachers or caregivers understand her basic nature so they can help her learn best.
- You can know what activities and environment will help him learn.



Can Temperament be Changed?

A person can't change a child's temperament, but a child can be influenced by others to make choices to behave or react in other ways.

Who and What Influences your Child's Temperament?

- Parents
- Siblings
- Grandparents
- Other relatives
- Teachers and caregivers
- Toys and activities
- Television and his neighborhood
- Home and bedroom
- Childcare, school and classroom
- Friends

Remember: Temperament affects how your child learns, plays, makes friends and shows love. It doesn't predict exactly how your child will turn out, but rather predicts ways your child will most likely react, feel, behave and learn.

Get to know your child's temperament. Learn to talk to him and how to structure his world in ways that he can best grow and develop.

Identify areas that your child's temperament might affect:

- Getting along with people
- Success in school
- Being happy

You can help him learn to adapt his temperament and his world!

Find out your child's temperament!

<http://www.readyforlife.org/temperament/quiz/>