

General Impressions of Your Child's Temperament

1. Sensitivity

Is your child sensitive to noises, temperature changes, lights, taste of foods, or the texture of things?

Does your child react easily to loud noise? Particular about how clothing feels? Or do things just roll off her back?

1	2	3	4	5
low sensitivity				high sensitivity

2. Activity

Does your child have lots of energy, and is he always on the go? Does your child have trouble sitting still? Or is your child quiet and can spend time in activities that don't require much moving and talking?

1	2	3	4	5
low activity				high activity

3. Intensity

Does your child have strong dramatic reactions? Is your child "out there" with feelings or more reserved, mellow, and hard to read?

1	2	3	4	5
low intensity				high intensity

4. Adaptability

Does your child adapt quickly to changes, places, expectations? Is it difficult for your child when there is a new routine or schedule? Does your child have trouble when it's time to start or stop an activity?

1	2	3	4	5
fast adapting				slow adapting

5. Mood

How often is your child happy and in a good mood versus feeling negative or serious?

1	2	3	4	5
usually positive				negative or serious

6. Approach /Withdrawal

What is your child's first and usual reaction to new people, situations, ideas, or places?

1	2	3	4	5
outgoing				cautious/slow-to-warm-up

7. Persistence

Does your child stick with things even when frustrated or tired? Does she get frustrated and give up easily? (Length of time the child will continue to make an effort).

1	2	3	4	5
gets "locked in" persistent				can stop not persistent

8. Regularity

Does your child normally eat, sleep, wake up, eliminate at the same time each day? Is your child more of the orderly or disorderly type?

1	2	3	4	5
regular, orderly				irregular, disorderly

9. Distractibility

Is your child very aware and easily distracted by noises and people. Does your child forget to do what you said when something else catches his attention? Can you distract your child from upset feelings or things that are off limits? Or can your child focus on a task without being easily distracted?

1	2	3	4	5
easily distracted				not easily distracted