

TEMPERAMENT

- **Appears to be biologically based**
- **Fairly constant over time**
- **Affects a child's reactions to other people and the environment**

(Wittmer & Petersen, 2006 based on Thomas, Chess, Birch, Hertzog & Kom, 1963)

TEMPERAMENT TYPES

Flexible	Fearful	Feisty
Regular Rhythms	Adapts slowly	Active
Positive Mood	Withdraws	Intense
Adaptability		Distractible
Low Intensity		Sensitive
Low Sensitivity		Irregular
		Moody

Temperament Traits

- **Activity level** – always active or generally still
- **Biological rhythms** – predictability of hunger, sleep
- **Approach/withdrawal** – response to new situations
- **Mood** – tendency to react with positive or negative mood **Intensity of reaction** – energy or strength of emotion
- **Sensitivity** – comfort with levels of sensory information; sound, brightness of light, feel of clothing, new tastes
- **Adaptability** – ease of managing transitions or changes
- **Distractibility** – how easily attention is pulled from an activity
- **Persistence** – how long child continues with a difficult activity

Adapted with permission from Wittmer and Petersen, 2006