

YOUR CHILD'S TEMPERMENT¹

1. INTENSITY

How strong are your child's emotional reactions? Does he laugh and cry loudly and energetically, or soft and mildly?

1	2	3	4	5
MILD REACTION				INTENSE REACTION
"Squeaks" when cries				Never just cries-wails
It's almost a surprise when he gets upset				A living staircase of emotion, up one minute and down the next
Reactions are mild				Every reaction is deep and powerful
Smiles when happy				Shouts with glee
Usually works through a problem without becoming frustrated				Easily frustrated

2. PERSISTANCE

If your child is involved in an activity and you tell her to stop, does she stop easily or fight to continue?

1	2	3	4	5
EASILY STOPS				"LOCKS IN"
Can be redirected to participate in another activity quite easily				Sticks to her guns and doesn't easily let go of an idea or activity
Will cry for a few minutes and then stop				Locks in, can cry for hours
Accepts "No" for an answer				Never takes "No" for an answer

¹ Kurcinka, Mary Sheedy. Raising Your Spirited Child.

3. SENSITIVITY

How aware is your child of slight noises, emotions and differences in temperature, taste and texture? Does he react easily to certain foods, tags in clothing, irritating noises or your stress?

1	2	3	4	5
USUALLY NOT SENSITIVE			VERY SENSITIVE	
Sleeps through noisy routines			Has to have quiet to sleep	
Isn't affected by scratchy textures			Has to have a sock seam lined up just so	
Isn't bothered by funny smells			Gags easily from smells	
Eats anything			A picky eater	
Unaware of your stress			Acts your stress out	
Not overly concerned with how things feel			Strong reaction to how things feel – whether pleasant or unpleasant	

4. PERCEPTIVENESS

Does your child notice people, colors, noises and objects around her? Does she frequently forget to do what you asked because something else has caught her attention?

1	2	3	4	5
HARDLY EVER NOTICES			VERY PERCEPTIVE	
Stays on task, isn't watching birds outside the window			Notices things most people miss	
Walks past the rainbow that is reflected in the new oil spill			Spends five minutes watching the light in the new oil spill	
Can remember and complete multiple directions easily			Forgets multiple directions	

5. ADAPTABILITY

How quickly does your child adapt to changes in his schedule or routine? How does he cope with surprises?

1	2	3	4	5
ADAPTS QUICKLY				ADAPTS SLOWLY
Easily stops one activity and starts another				Cries or fusses when one activity ends and another begins
Is flexible with mealtimes and nap times				Needs a set schedule for meals and naps
Is not upset by surprises				May be very upset by surprises

6. REGULARITY

Is your child quite regular about eating times, sleeping times, amount of sleep needed and other bodily functions?

1	2	3	4	5
REGULAR				IRREGULAR
Falls asleep at the same time almost every day				Never falls asleep at the same time
Is hungry at regular intervals				Is hungry at different times each day
Eliminates on a regular basis				Eliminates on an irregular schedule

7. ENERGY

**Is your child always on the move and busy or quiet and quiescent?
Does he need to run, jump and use his whole body in order to feel good?**

1	2	3	4	5
QUIET				VERY ACTIVE
Stays in one place when sleeping			Moves all over the bed when sleeping	
Sits and plays quietly for extended periods of time			Always on the move even when sitting, is moving in place	

8. FIRST REACTION

What is your child's first reaction when she is asked to meet people, try a new activity or idea or go someplace new?

1	2	3	4	5
JUMPS RIGHT IN				REJECTS AT FIRST OR WATCHES BEFORE JOINING IN
Doesn't hesitate in new situations			Holds back before participating	
Seems to learn by doing			Learns by watching	
Open to new activities			Is distressed by new activities or things	
Usually complies with a new request with little fuss			Immediately says no when you ask her to do something	

9. MOOD

How much of the time does your child feel happy and content compared with serious, analytical or cranky?

1	2	3	4	5
USUALLY POSITIVE				MORE SERIOUS AND ANALYTICAL
Usually in a good mood				Usually serious
Positive			Sees the flaws, what needs to be fixed	

SCORE:

9-18	19-28	29-45
COOL KID	SPUNKY KID	SPIRITED KID