

Temperament Traits

ACTIVITY LEVEL LOW _____ HIGH

Amount of activity Moves slowly, inoften, sits happily Moves often & enthusiastically
Can roll but chooses not to. Splashes in bath, squirms in highchair

INTENSITY LOW _____ HIGH

Degree of energy a baby responds with Mellow, subtle, responds mildly
Fusses rather than cries, Smiles rather than laughs. Strong & Dramatic
Cries loudly or squeals with delight.

SENSITIVITY LOW _____ HIGH

Level of stimulation required to get a reaction Sleeps through loud noises
Change in light/temp/wet diaper doesn't bother him/her. Keenly aware of surroundings
Reacts to change
Wakes at slightest sound

FIRST REACTION CAUTIOUS _____ ADVENTUROUS

First reaction to a new situation/person/thing Cautious in new situation
Will push way or spit out new foods. Will smile/reach out to new things
Will try new foods.

ADAPTABILITY LOW _____ HIGH

Adjusts to a new Situation Transitions are difficult
Cries when going to sleep/waking Transitions are effortless
Adapts easily. Sleeps anywhere.

MOOD SUNSET _____ SUNRISE

Quality of mood. Approach to life. Serious Sunny disposition, smiley

PERSISTENCE LOW _____ HIGH

Response to situations that challenge persistence Easily frustrated.
Will stop, cry or throw Persistent, focus on task
Will practice.

DISTRACTIBILITY LOW _____ HIGH

Distracts from activity Not easily diverted.
Cannot be distracted with singing/bouncing Easily redirected from activity.
Is easily pacified.

RHYTHMICITY LOW _____ HIGH

Predictability of biological functions Parent never knows when baby
will be hungry/awake/asleep Eating, sleeping, toileting
occur in predictable pattern