

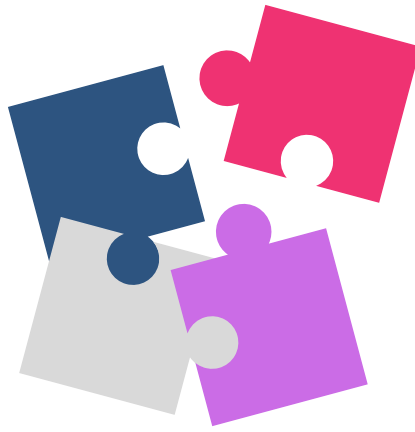
# Temperament Tool

A temperament quiz  
to help parents understand  
their child's temperament



*The*  
**PARENTING  
CLASS**

Where Science meets Parenting



**The goal of this exercise is simply reflection:  
to explore where you and your baby may differ and where you are  
similar, helping you become more aware of these patterns.**

Evaluate yourself and the infant on the listed nine traits by selecting the option that best represents your typical behaviors.

**➡Use the Temperament Trait Reflection Questions for help to guide  
your choices.**

Temperaments exist on a spectrum, so pick the description that most closely aligns with the behaviors you and the infant regularly exhibit.

Remember, there are no “right” or “wrong” temperamental traits - every infant has their own unique personality, making them wonderfully special. Awareness is the first step in understanding and embracing these differences and similarities.

# The Parenting Class Temperament Tool

| DIMENSIONS OF TEMPERAMENT | TYPICAL BEHAVIOR                  | MY BABY | MYSELF | ANOTHER FAMILY MEMBER |
|---------------------------|-----------------------------------|---------|--------|-----------------------|
| Activity Level            | highly active                     |         |        |                       |
|                           | less active                       |         |        |                       |
| Adaptability              | highly adaptable                  |         |        |                       |
|                           | less adaptable                    |         |        |                       |
| Distractability           | easily distracted                 |         |        |                       |
|                           | less distracted (more focused)    |         |        |                       |
| Intensity                 | intense reactions                 |         |        |                       |
|                           | mild reactions                    |         |        |                       |
| Regularity                | highly regular                    |         |        |                       |
|                           | irregular (more spontaneous)      |         |        |                       |
| Sensitivity               | highly sensitive                  |         |        |                       |
|                           | less sensitive                    |         |        |                       |
| Approach/Withdrawal       | highly approachable               |         |        |                       |
|                           | less approachable/<br>withdrawing |         |        |                       |
| Mood                      | usually positive                  |         |        |                       |
|                           | usually serious                   |         |        |                       |
| Persistence/Attention     | highly persistent                 |         |        |                       |
|                           | less persistent                   |         |        |                       |

# Temperament Tool Reflection Questions

## Activity Level

### For Baby:

- Does your baby seem constantly on the move, squirming and active, or do they enjoy sitting quietly and observing? Does your baby prefer noisy, high-energy play or more calm, still activities?

### For You:

- Do you find it difficult to sit still and often prefer to stay active? Or do you prefer calm and quiet moments over high-energy activities?

## Adaptability

### For Baby:

- Does your baby transition smoothly to new activities or routines with little fuss? Or does your baby need extra time and support to adjust to changes, like crying when faced with new situations?

### For You:

- Do you find it easy to adapt to changes in plans or routines? Or do you feel stressed and resistant when faced with unexpected changes?

## Distractibility

### For Baby:

- Does your baby get easily distracted by sounds, sights, or discomfort like hunger or sleepiness? Can your baby stay focused on a toy or activity for an extended time without getting distracted?

### For You:

- Do you find it hard to concentrate when there are background noises or visual distractions? Or can you maintain focus on a task despite interruptions or discomfort?

## Intensity

### For Baby:

- Does your baby have strong emotional reactions, like intense crying or exuberant laughter? Or does your baby show more subtle or muted emotional responses?

### For You:

- Do you tend to express your emotions strongly, whether positive or negative? Or are your emotional responses typically calm and understated?

## Regularity

### For Baby:

- Is your baby's sleeping, eating, or elimination schedule predictable and consistent? Or are these routines unpredictable, varying widely from day to day?

### For You:

- Do you follow consistent daily routines for meals, sleep, and activities? Or do you prefer to go with the flow, with routines that vary day by day?

# Temperament Tool Reflection Questions

## Sensitivity

### For Baby:

- Is your baby easily bothered by loud sounds, bright light, wind in their face or textures? Or does your baby seem unaffected by physical stimuli, not showing strong reactions during loud or otherwise intense events during or after they occur?

### For You:

- Are you highly aware of and reactive to your environment, like loud sounds, strong smells, or scratchy fabrics? Or are you generally unbothered by external stimuli, not having them impact you much?

## Approach/Withdrawal

### For Baby:

- Does your baby eagerly approach new people, toys, or situations? Or does your baby hesitate, needing time and reassurance to feel comfortable in new settings?

### For You:

- Do you find yourself excited and open to new experiences and meeting new people? Or do you tend to feel cautious and hesitant when facing unfamiliar situations?

## Mood

### For Baby:

- Does your baby generally react to the world with cheerfulness and positivity? Or is your baby more serious, taking time to observe, having a serious look and not smiling most of the time?

### For You:

- Do you typically approach life with a positive, upbeat outlook? Or are you more thoughtful and serious, preferring to reflect on situations?

## Persistence/Attention Span

### For Baby:

- Does your baby keep trying to play with a challenging toy or solve a problem despite frustration? Or does your baby move on quickly to a new activity when faced with obstacles?

### For You:

- Do you stay focused on a task until it's completed, even when it gets difficult? Or do you tend to give up and move on to something else when faced with challenges?



# The Science of Parenting Babies

**Do you want to know more about temperament and how understanding your child's can make you a more effective parent?**

Join The Parenting Class where we cover the research behind it and explore how it impacts your child's life and experiences.



## **What You'll Learn**

- How to calm an inconsolable baby using proven techniques.
- The truth about sleep training—is it harmful or helpful?
- Brain-boosting daily activities that build a foundation for lifelong learning.
- Prevent picky eating by understanding what science says not to do plus all key nutrients your baby needs
- Language development strategies that set your baby up for success.
- Parenting styles decoded—why evidence supports authoritative parenting over trendy alternatives.
- and SO MUCH MORE

## **Why Choose The Parenting Class?**

**No Fluff, Just Facts** – Forget opinions and outdated advice. Each lesson is grounded in the latest child development research.

**Comprehensive Guidance** – Covering 10 essential areas of early parenting, this isn't a single-topic course—it's your go-to resource for the whole journey.

**Self-Paced and Flexible** – Learn on your own schedule with 120 videos across 10 modules, designed to fit into busy parenting lives.

**Lifelong Access** – Return to the materials whenever you need them, even as your baby grows.

**Tailored to Your Baby** – Learn how to adapt strategies to fit your baby's unique temperament and developmental needs.

**Science-Backed Parenting Style** – Dive into authoritative parenting, the only approach proven to raise confident, well-rounded children.

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