



Goodness-of-Fit

Piecing Together Your Child's Temperament Style

Every child has a unique temperament-the natural way of responding to their environment. Understanding these traits helps caregivers offer support and provide a 'good fit' between you and your child.

Temperament Traits

Below are observable traits. Some children have stronger responses in these categories than other children. There is no good or bad trait.

- Activity – How much they move
- Regularity – Predictable appetite & sleep patterns
- Mood – Cheerful or serious
- Adaptability – Ease with changes
- Intensity – Strength of emotions
- Distractibility – How easily they lose focus
- Persistence – How long they stick with things
- Sensitivity – Reactions to sounds, lights, or touch
- Approachability – Openness to new people or situations

Temperament Types

Children have a variety of characteristics but often fall into one of these categories:

- Easy-Going - Happy, adaptable, with regular habits and calm moods.
- Slow to Warm Up - Cautious, may withdraw or fuss in new situations, but adjust with time and repeated exposure.

- Active (feisty) - Energetic, intense, sensitive to change, with irregular habits and strong reactions.

Caregivers Can Observe & Reflect On: What routines are challenging for my child?

- What words of understanding can I give my child so he knows he has been heard?
- What support can I offer my child in order for them to respond in a positive way?
- What changes can I make to the environment to help lessen the challenge?

While temperament is biologically based, it can be shaped by positive interactions. Goodness-of-fit is about responding in ways that help your child feel confident. Check out: Infant Toddler Temperament Tools: <https://www.ecmhc.org/temperament>