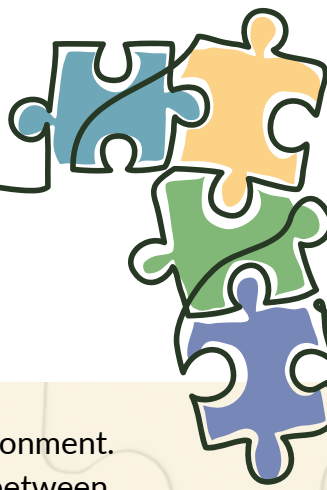




Goodness-of-Fit

Piecing Together Your Child's Temperament Style

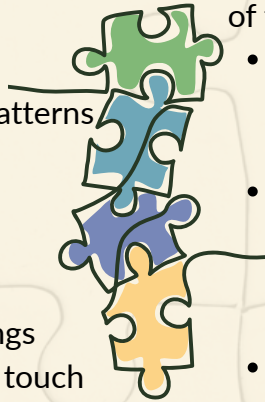


Every child has a unique temperament-the natural way of responding to their environment. Understanding these traits helps caregivers offer support and provide a 'good fit' between you and your child.

Temperament Traits

Below are **9** observable traits. Some children have stronger responses in these categories than other children. There is no good or bad trait.

1. Activity - How much they move
2. Regularity - Predictable appetite & sleep patterns
3. Mood - Cheerful or serious
4. Adaptability - Ease with changes
5. Intensity - Strength of emotions
6. Distractibility - How easily they lose focus
7. Persistence - How long they stick with things
8. Sensitivity - Reactions to sounds, lights, or touch
9. 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/>

