



Feisty, Lively, and Tenacious! Working with Difficult Temperament Traits to Help All Children Succeed.



Course Objectives:

- Identify one child's unique temperament makeup
- Pinpoint a strategy to individualize and adapt care to help that child succeed in your care

“ Every child is a different kind of flower. All together, they make this world a beautiful garden. -Rumi ”

Temperament Overview:

- ✓ Temperament is simply reaction to stimuli.
- ✓ Each person has a temperament that is wired from birth.
- ✓ Temperament is one piece of the puzzle.
- ✓ Traits can be more challenging depending on the caregiver's temperament.
- ✓ Power struggles can occur when you have a clash of traits.
- ✓ Every child can succeed! But, they will need a "good fit".

*The "Fit" refers to when demands and expectations are compatible with the child's temperament and abilities

*"Goodness/poorness of fit" was a strong predictor of social skills & negative behaviors



Case Study: What is the trait that is not fitting well for Laura in Ms. Neil's Childcare?

High Intensity	<p>Twenty-month-old Laura just began care in Ms. Neil's family childcare home. Ms. Neil is having difficulty integrating Laura into her program. Laura's</p> <ul style="list-style-type: none"> • schedule is unpredictable, • she becomes tired or hungry at different times each day, and • she always seems to want to run, climb, and jump on everything. Laura also • gets extremely upset • when it is time to transition from outdoor play to lunch, or • when Ms. Neil interrupts an activity in which Laura is engaged. It is not uncommon for her to tantrum for 10 minutes or more at these times. • her (Ms. Neil's) favorite activities—quiet games, book reading, and sensory experiences—are ones that Laura doesn't seem to enjoy. After several weeks of observing little change in Laura's behaviors, Ms. Neil is frustrated.
High persistence	
High activity	
Very irregular	
Negative first reaction	

High Intensity



Triggers:

- Being ignored
- Intensity of others
- Big feelings such as disappointment
- Being rushed
- Fatigue and hunger
- Stress

Strategies:

- Stay calm
- Avoid reacting with the same intensity
- Teach the child what they need to learn
- "Name it to tame it"
- Watch for rising stress hormone in their body
- Help the child soothe and calm, adjusting as needed

High Persistence



Triggers:

- Told what to do
- Hurried or rushed
- Quick transitions
- Being forced to quit
- Told "no"
- Not being listened to



Strategies?

-

“ Having respect for the world is when you allow people to be what they are. -Magda Gerber ”



What is one takeaway? What is a strategy you will implement to help a child with a difficult temperament trait "fit" in your caregiving environment?



Temperament Chart

Intensity of Reactions

How strong are the child's emotional reactions?



Persistence

How persistent is the child? How committed to his/her goals?



Sensitivity

How sensitive or aware is the child to sights, sounds, smells, textures, and emotions?



Distractibility/Perceptiveness

How easily is the child drawn away from an activity? Does the child notice details in the environment?



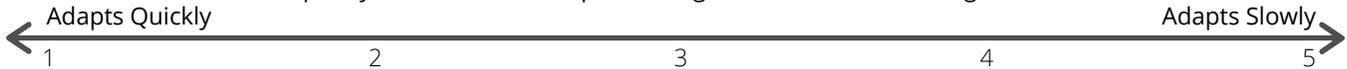
First Reaction/Initial Response (Approach/Withdrawal)

What is the child's first reaction to new people, activities, ideas, or new places?



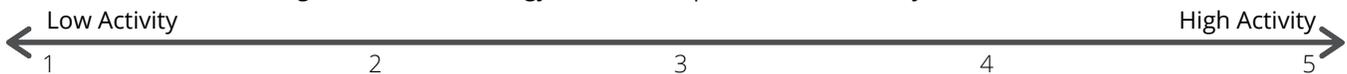
Adaptability

How quickly does the child adapt to change or shift from one thing to another?



Activity Level/Energy

How high is the child's energy level; more quiet and still or busy and on the move?



Mood

How often does the child feel serious, analytical or cranky versus happy and content?



Regularity

How predictable are the child's eating, sleeping & elimination patterns?



Which traits are more difficult for you to work with?

