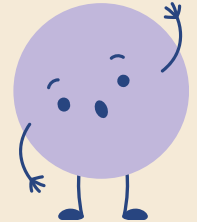


Temperament

Here's what we know about temperament:

- Every child is born with a unique temperament, shaped early by biology, experiences and relationships.
- Temperament influences how children react, behave, and engage with others.
- Some common features of temperament are activity level, sensitivity to stimulation, intensity of emotional reactions, adaptability to change, approach to new situations, regularity of routines, general mood, and persistence or attention span.
- While children are born with certain temperament traits, they can learn skills and strategies that help them manage traits that may be challenging in some situations.
- Parents and caregivers also bring their own temperament. When expectations and responses are adjusted to fit a child's style, it strengthens the caregiver-child relationship. This is known as "goodness of fit."



Trusting Relationships & Connection

Learn about your child's unique temperament. Temperament influences how children experience and respond to the world. Noticing patterns in behaviour can help you anticipate reactions to situations such as changes in routine or new people. If your child has difficulty with adaptability, transitions may be challenging. You might notice behaviours such as crying, refusing to move, or becoming upset when an activity is ending. Giving reminders, for example, "Five more minutes," then "Two more minutes," and "Last turn on the slide", can help your child prepare and adjust more smoothly.

Accept your child for who they are. Instead of focusing on changing your child's temperament, recognize that temperament varies from one child to another and focus on how you can help your child celebrate their unique traits. For example, sensitive or shy children may need extra time and support to adapt to new situations. Gently encourage new experiences while respecting your child's pace, and avoid pressure or situations that may feel overwhelming or embarrassing.

Model ways to manage emotions and reactions to situations. As a parent/caregiver, you are the most influential person in your child's life, and they will learn by watching you. For example, share your own stories of trying something new even though it was scary at first.



Play Play supports a child's temperament by allowing them to engage with the world in ways that feel comfortable.

Through play, parents can observe and better understand their child. How children explore, react, and engage during play often reflects their temperament and can help parents and caregivers respond in ways that feel supportive.

Support System

Get connected to people, programs, and services that can help.

Connect with informal supports such as family, friends, neighbours, and other parents or caregivers in the community.



A bilingual Eastern Ontario service that connects children, youth, and families to the right mental health and related supports, when they need them.

613-260-2360 or 1-877-377-7775

Website: 1Call1Click.ca



Scan for support