

Parent Corner

Children's Temperament

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Goodness of fit happens when an adult changes expectations and practices to support the unique temperament and abilities of their child.

Tips for Creating a "Goodness of Fit"

- **Know your children's temperament.**
- **Anticipate your child's needs and reactions.**
 - Understand their usual way of reacting to situations
 - Prepare the child in advance for new situations
- **Consider how your reaction affect your child's behavior.**
 - When temperament clashes

The 3 Types of Temperaments:

- **Easy or flexible:** Children with this temperament tend to be easy-going, happy, calm, and usually adapts to change quickly
- **Active or feisty:** Children with this temperament may be very active, fussy, and have intense positive or negative reactions to a variety of situations.
- **Slow to warm or cautious:** Children with this temperament may be hesitant or fearful in unfamiliar situations, and prefer to watch a situation for a while before joining in. They may have a difficult time with changes, such as having a new caregiver or a shift in the daily schedule.



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