



Child Care Resources Inc.

## CCRI tip sheet

Ideas and information about child development and early education for parents, professionals and the community-at-large.

# #515

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Access this and other tip sheets through the CCRI FaxBack Line: **(704) 335-9421**

# Identifying and Coping With Your Child's Unique Temperament

Good parenting involves matching your style to that of each child. Here's how:

- Identify and work with your child's unique personality. Observe her activity levels, distractibility, and adaptability; her response to new situations, and the intensity of those reactions; the regularity of her eating and sleeping patterns; her reaction to sensory stimulation; and her overall basic mood.
  - Every child has his own style, pace, and interests. Take time to learn your child's rhythms and skills. Then you can encourage his strengths, and provide structure for those areas which need support.
  - Be careful about labeling your child. Saying "he's always shy" can be self-fulfilling. Instead, "he'll come play when he's ready .. he likes to watch a while first" acknowledges and accepts the child's personality and preferences.
  - Remember that "normal" spans a wide continuum of behaviors. Many children labeled "hyperactive" may be well within the range of normal behavior.
- Don't fall prey to the idea that "my child is doing this to me on purpose." For some children, constant motion, active physical exploration, and loudly enthusiastic involvement are biological imperatives, not behaviors they choose.

*The key to coping with your child's unique temperament is understanding all you can about his style; work as his ally and supporter, rather than making demands which he simply cannot meet.*

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## child care search

Resource & referral service

Mecklenburg County ..... (704) 348-2181  
Cabarrus County ..... (704) 786-1024  
Union County ..... (704) 238-8800