

Emotional Intensity	Activity Level	Frustration Tolerance	Reaction to People	Reaction to Change
<p>Parenting Strategies for Low Reactors</p> <ul style="list-style-type: none"> • Tune things up to attract her attention. Watch your child’s reactions to make sure she is engaged but not overexcited. • Create interactive games. Try activities that involve taking turns, so your child remains engaged. • Get her body moving. • Find out what interests him. 	<p>Parenting Strategies for a Less Active Child</p> <ul style="list-style-type: none"> • Respect his pace and style. Offer your child lots of opportunities to play with the things that he enjoys. • Add movement to things she already enjoys. • Let your child look before he leaps. Then suggest trying something together - follow your child’s lead. • Play hide-and-seek. • Listen to music together. 	<p>Parenting Strategies for a Child Who is Easily Frustrated</p> <ul style="list-style-type: none"> • If your child has to wait for something (food, attention, etc.), talk to him about what you are doing. • When your child falls apart, let her know that you appreciate how hard it can be. Help your child think through solutions without doing the work for her. Suggest or demonstrate strategies for problem solving. • Teach your child to pace himself. • Break the challenge into manageable parts. • Use humor. • Be a role model. 	<p>Parenting Strategies for a Child Who Likes to Take it Slow</p> <ul style="list-style-type: none"> • Think of yourself as a safe home base. Introduce your child to new people from the safety of your arms. • Communicate positive feelings toward others nonverbally. Use your facial expressions and body language. • Suggest that new people take it slow when they interact with your child. • Whenever possible, prepare your child to meet new people ahead of time, and give her lots of time to get used to places such as a new childcare center. • Don’t label your child as “shy.” Labels can stick and aren’t helpful to your child. 	<p>Parenting Strategies for a Child Who Prefers Things the Way They Are</p> <ul style="list-style-type: none"> • Use familiar objects to ease anxiety during transitions. • Let your child be part of the transition. • Ease into new activities. Talk about new activities first. • Offer advance notice when an activity is about to end: “When this book is finished, we’re going home.” • Notice and comment when your child has made a transition: “You got into the car seat so quickly. That’s great!” • Give your child a sense of control about how he wants to make transitions.
<p>Parenting Strategies for Big Reactors</p> <ul style="list-style-type: none"> • Tune things down. Music and lighting should be soft. Clothing should also be soft. And play should be fun, but not over stimulating. • Offer physical comfort when your child is distressed. • Show that you understand him by validating his feelings. • Help your child problem-solve. • Don’t punish your child for who she is. Your child is not overreacting. When you have strong reactions, it is tough to learn how to manage them. 	<p>Parenting Strategies for an Active Child</p> <ul style="list-style-type: none"> • Offer lots of opportunities for safe, active exploration. • Don’t expect your child to lie or sit still for long. • Engage your child’s help with everyday activities. • Recognize that your child will need extra time to wind down. • Remember, active children aren’t wild or out of control. They just need to move. 	<p>Parenting Strategies for a Persistent Child</p> <ul style="list-style-type: none"> • Join your child in his play. • As your child grows, let her know that everyone needs help sometimes and that you are available. • Check to see whether your child is “spinning his wheels” by trying the same strategy over and over. Sometimes, persistent kids can get stuck this way. If it happens, suggest new ways to approach the challenge. • Help your child to let go sometimes. Redirect her to something that she is allowed to do. 	<p>Parenting Strategies for a “Glad-to-Meet-You” Child</p> <ul style="list-style-type: none"> • Provide lots of opportunity for social interaction. • Be ready to step in when needed. • Watch for well-intended overenthusiasm. Sometimes, children’s feelings of excitement about being around other children are so strong they may cause harm unintentionally. • Read your child’s cues. Even the most social child has moments when he is unsure, frightened or tentative. • Give your child some time to play on his own. 	<p>Parenting Strategies for a Child Who Takes Change in Stride</p> <ul style="list-style-type: none"> • Offer your child a variety of experiences. • Be sensitive to your child’s signals. Offer her extra support during the times when she is having trouble with a transition. • Let your child know about new situations ahead of time. For example, tell him before going to a new place or meeting someone new. • Be sure to find some one-on-one quiet time to enjoy together.