

Here are some questions to think about when considering your own child's temperament:

- How does my child react to sensory stimulation (sights, sounds, textures, smells, and tastes)?
- How much stimulation can my child handle? Does he react to the slightest bit of stimulation, does it take a lot to get him to respond, or are his reactions somewhere in between?
- Does my child express her feelings with high, moderate, or low intensity?
- How often do I find myself helping my child calm down?
- How does my child engage in play? Does she like to run and move, or does she prefer activities where she can sit?
- What does my child do when he meets new people? What social settings does he like? Does he prefer spending time with a lot of people or environments with fewer children?
- How does my child react to changes in schedule? How does she transition between activities? Is my child able to make choices?
- How does my child approach a new task? What does my child do in situations where they have to wait? What does my child do when something does not work in the way they expected?
- How does my child communicate their emotions? How am I able to know what my child is feeling? How does my child respond when they experience discomfort?

