

November 5, 2019 • Talks on Tuesdays Webinar

**PART II**



**Foundations of Social Emotional Development**  
**TEMPERAMENT**

PRESENTED BY  
Naomi H. Grinney, LCSW



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**RECAP**



September 3, 2019 • Talks on Tuesdays Webinar

**PART I**

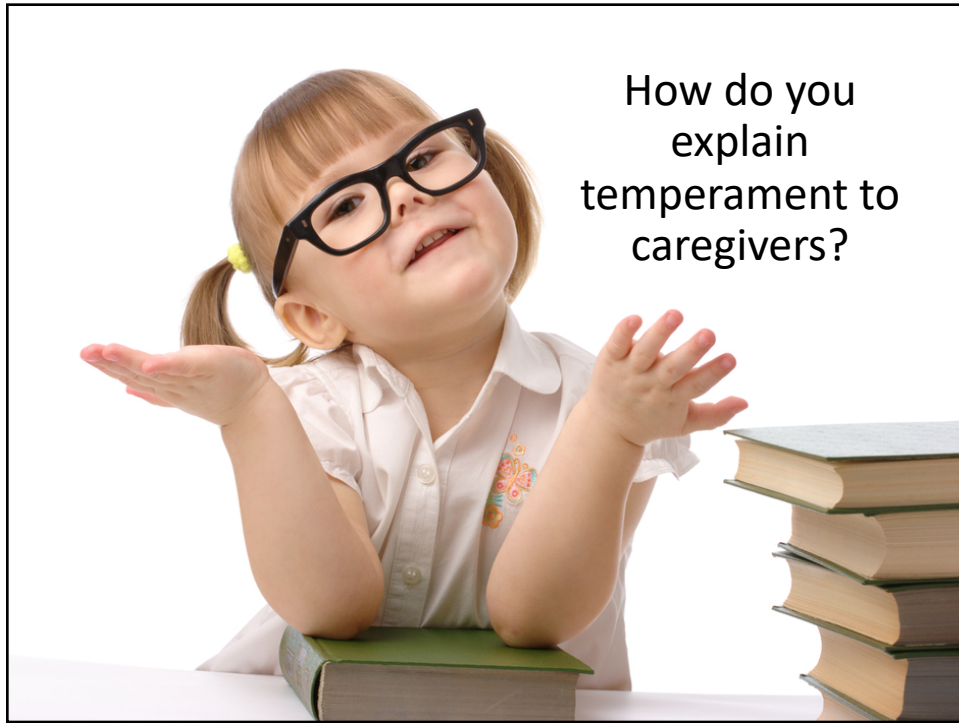
**Foundations of Social Emotional Development**  
**ATTACHMENT**

PRESENTED BY  
Naomi H. Grinney, LCSW

**ATTACHMENT**

- SECURE
- RESISTANT/AMBIVALENT
- ANXIOUS-AVOIDANT
- DISORGANIZED

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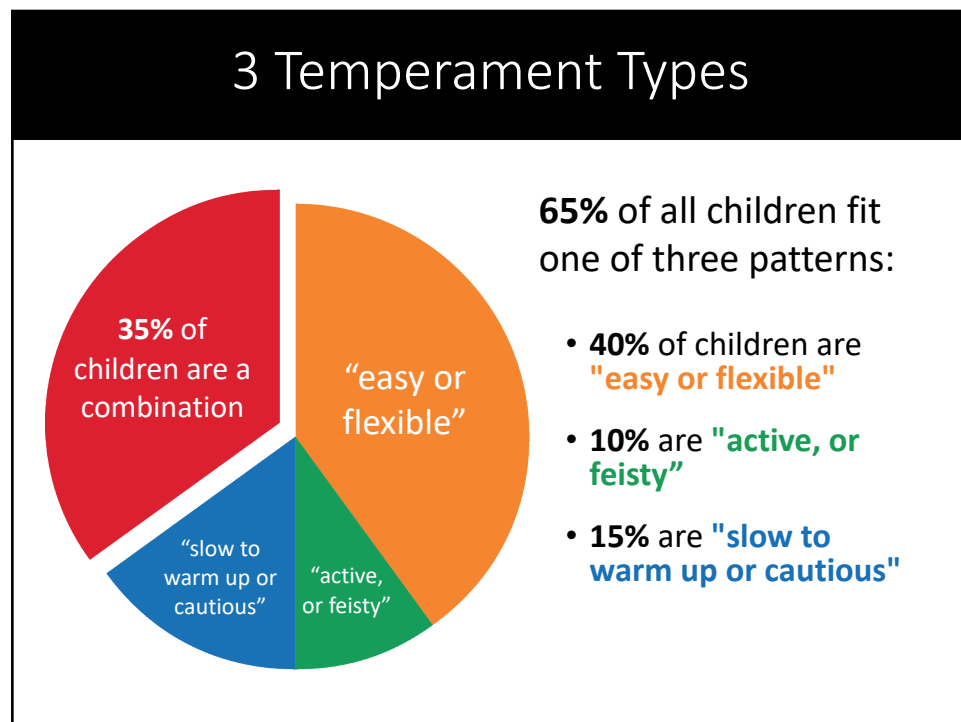
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### Easy or Flexible

- calm
- happy
- regular in sleeping and eating habits
- adaptable
- not easily upset

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### Active or Feisty

- differences in feeding and sleeping habits
- cautious of new people and situations
- could be upset by noise and commotion
- strong responses and reactions

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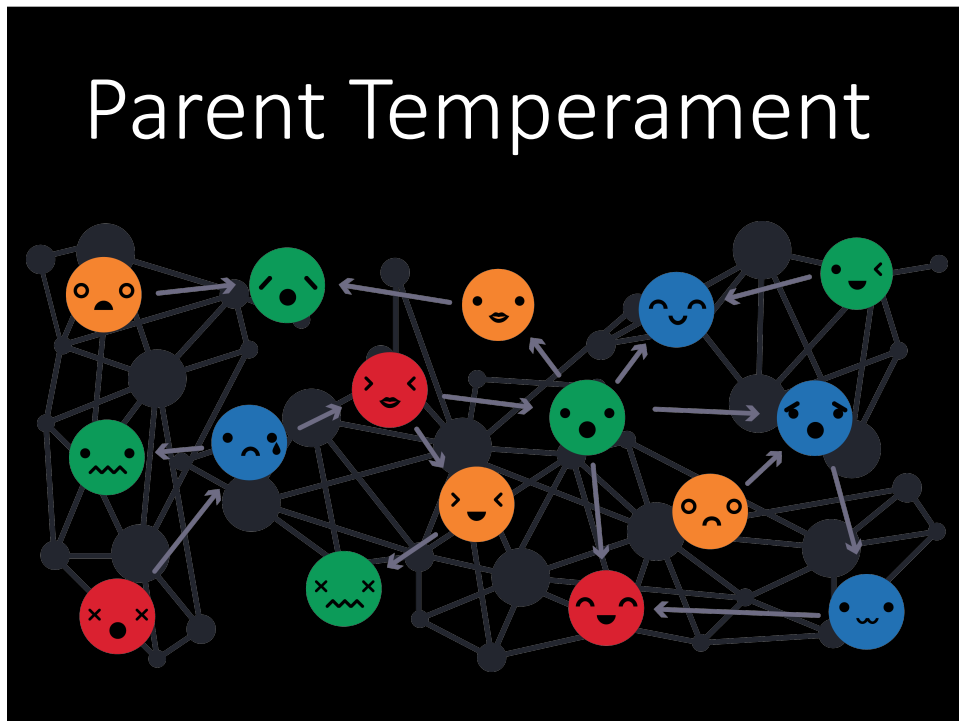




 **Slow to Warm or Cautious**

- relatively inactive
- fussy
- tend to withdraw or to react negatively to new situations
- reactions gradually become more positive with continuous exposure

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## GOODNESS OF FIT:

Compatibility between  
each caregiver and  
child's temperament.



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What happens when there  
is a mismatch in  
temperament between  
parent/caregiver and child?

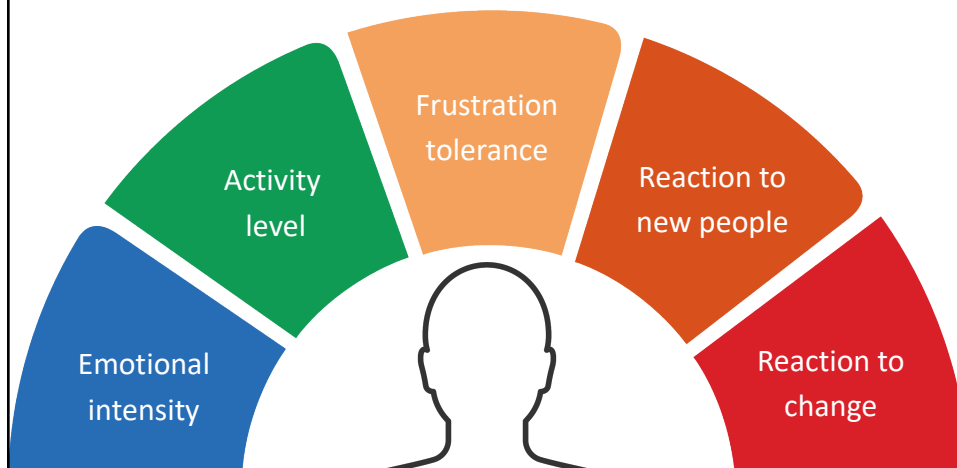


*Type your answer in chat.*

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## Temperament Characteristics

Five primary characteristics that describe an individual's temperament:



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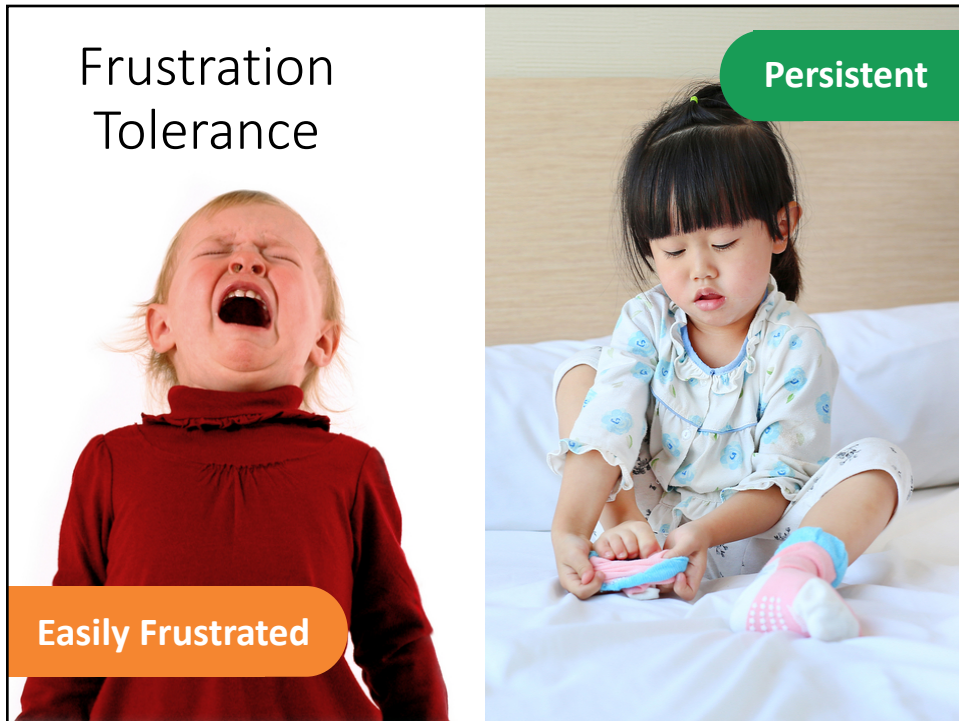
### Emotional Intensity



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When working with families/caregivers,  
which temperament type do you get the  
most questions about?



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*Pull out your  
handout.*

### Temperament


### Thinking About Your Child

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?



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Pull out your  
handout.

Temperament

PARENTING HANDOUT

<p><b>Emotional Intensity</b></p> <p>Parenting Strategies for a Low Reactor</p> <ul style="list-style-type: none"><li>• Turn things up to attract her attention. Watch your child's reactions to make sure she is engaged but not overexcited.</li><li>• Create interactive games. Try activities that involve talking turns, so your child remains engaged.</li><li>• Get her body moving.</li><li>• Find out what interests her.</li></ul>	<p><b>Activity Level</b></p> <p>Parenting Strategies for a Less Active Child</p> <ul style="list-style-type: none"><li>• Respect his pace and style. Offer your child lots of opportunities to play with the things that he enjoys.</li><li>• Add movement to things she already enjoys.</li><li>• Let your child look before he leaps. Then suggest trying something together - follow your child's lead.</li><li>• Play hide-and-seek.</li><li>• Listen to music together.</li></ul>	<p><b>Frustration Tolerance</b></p> <p>Parenting Strategies for a Child Who is Easily Frustrated</p> <ul style="list-style-type: none"><li>• If your child has to wait for something (food, attention, etc.), talk to him about what you are doing.</li><li>• When your child falls apart, let her know that you appreciate how hard it can be for her. Suggest or demonstrate strategies for problem solving.</li><li>• Teach your child to pace himself.</li><li>• Break the challenge into manageable parts.</li><li>• Use humor.</li><li>• Be a role model.</li></ul>	<p><b>Reaction to People</b></p> <p>Parenting Strategies for a Child Who Likes to Take it Slow</p> <ul style="list-style-type: none"><li>• Think of yourself as a safe home base. Introduce your child to new people from the safety of your arms.</li><li>• Communicate positive feelings toward others nonverbally. Use your facial expressions and body language.</li><li>• Suggest that new people take it slow when they interact with your child.</li><li>• 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 children's center.</li><li>• Don't label your child as "shy." Label his own state and events helpful to your child.</li></ul>	<p><b>Reaction to Change</b></p> <p>Parenting Strategies for a Child Who Prefers Things the Way They Are</p> <ul style="list-style-type: none"><li>• Use familiar objects to ease anxiety during transitions.</li><li>• Let your child be part of the transition.</li><li>• Ease into new activities. Talk about new activities first.</li><li>• Offer advance notice when an activity is about to end. "When this book is finished, we're going home."</li><li>• Notice and comment when your child has made a transition. "You got into the car seat so quickly. That's great!"</li><li>• Give your child a sense of control about how he wants to make transitions.</li></ul>
<p>Parenting Strategies for Big Reactors</p> <ul style="list-style-type: none"><li>• Turn things down. Music and lighting should be soft. Clothing should also be soft. And play should be fun, but not over stimulating.</li><li>• Offer physical comfort when your child is distressed.</li><li>• Show that you understand him by validating his feelings.</li><li>• Help your child problem solve.</li><li>• 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.</li></ul>	<p>Parenting Strategies for an Active Child</p> <ul style="list-style-type: none"><li>• Offer lots of opportunities for safe, active exploration.</li><li>• Don't expect your child to lie or sit still for long.</li><li>• Engage your child's help with everyday activities.</li><li>• Recognize that your child will need extra time to wind down.</li><li>• Remember, active children aren't wild or out of control. They just need to move.</li></ul>	<p>Parenting Strategies for a Persistent Child</p> <ul style="list-style-type: none"><li>• Join your child in his play.</li><li>• As your child grows, let her know that everyone needs help sometimes, and that you are available.</li><li>• 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.</li><li>• Help your child to let go sometimes. Redirect her to something that she is allowed to do.</li></ul>	<p>Parenting Strategies for a "Glad-to-Meet-You" Child</p> <ul style="list-style-type: none"><li>• Provide lots of opportunity for social interaction.</li><li>• Be ready to step in when needed.</li><li>• Watch for well-intended overenthusiasm. Sometimes, children's feelings of excitement about being around other children are so strong they may cause him being around other children are so strong they may cause him to be over the top.</li><li>• Read your child's cues. Even the most social child has moments when he is unsure, frightened or hesitant.</li><li>• Give your child some time to play on his own.</li></ul>	<p>Parenting Strategies for a Child Who Takes Change in Stride</p> <ul style="list-style-type: none"><li>• Offer your child a variety of experiences.</li><li>• Be sensitive to your child's signals. Offer her extra support during the times when she is having trouble with a transition.</li><li>• Let your child know about new situations ahead of time. For example, tell him before going to a new place or meeting someone new.</li><li>• Be sure to find some one-on-one quiet time to enjoy together.</li></ul>





## TEMPERAMENT QUIZZES

THERE ARE TWO TEMPERAMENT QUIZZES, ONE FOR CHILDREN UNDER 12 MONTHS AND THE OTHER FOR CHILDREN OVER 12 MONTHS OF AGE.

### KNOW YOUR BABY QUIZ



For children under 12 months old

LET'S GET STARTED

### KNOW YOUR TODDLER QUIZ

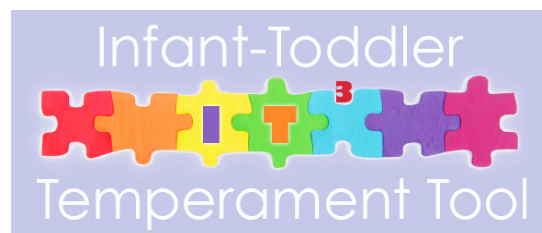


For children over 12 months

LET'S GET STARTED

<https://themichisleepacademy.com/temperament-quiz/>

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<https://www.ecmhc.org/temperament/index.html>

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**QUESTIONS?**

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Be sure to join us on December 3<sup>rd</sup>  
for the next Talks on Tuesdays!

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