

Aspects of Temperaments

Emotionality/Reactivity is the degree to which the child's predominant emotion is positive and happy *or* negative and distressed and irritable; also considers the child's typical tolerance for frustration. What is the child's typical mood?

Activity is the degree to which the child's characteristic level of motion is high and energetic *or* low and lethargic; also considers whether the child shows pleasure or withdrawal to high-intensity events. What is the child's typical energy level?

Inhibition/Sociability is the degree to which the child approaches and adapts to new situations or people with openness, trust, and curiosity *or* with avoidance, discomfort, withdrawal or fear. How does the child respond to new situations or people?

Attention span/persistence is the degree to which the child shows interest in an experience, material or activity *and* maintains interest. How willing is the child to 'keep at it?'

Effortful control is the degree to which the toddler is able to self-regulate, to direct attention away from attractive or frightening stimuli, to suppress a dominant or 'quick' reactive response and instead substitute a more adaptive response. Can the child stop the 'impulse to action?'