

Parent Child Temperament and Goodness of Fit Chart

Complete this brief chart to determine the “goodness of fit” between you and your child. Remember, there are no “good” or “bad” temperamental traits, we are all born with unique personalities that make us special. The results and “goodness of fit” suggestions will help you enhance your care giving methods as a positive support for the child.

Rate yourself and the infant on the following seven traits. You can refer to the back of this page for definitions of each trait.

Activity Level

Child	low	-----	high
Parent	low	-----	high

Positive Affect

Child	low	-----	high
Parent	low	-----	high

Attention/Focus

Child	low	-----	high
Parent	low	-----	high

Effort

Child	low	-----	high
Parent	low	-----	high

Fearfulness

Child	low	-----	high
Parent	low	-----	high

Anger/Frustration Expression

Child	low	-----	high
Parent	low	-----	high

Recovery Time

Child	slow	-----	fast
Parent	slow	-----	fast

Definitions

Activity Level

How active, alert, energetic is the child/parent?

Positive Affect

How much positive feeling does child/parent express in general?

Attention/Focus

Is the child/parent able to maintain focus on an activity for an appropriate level of time (remember to think developmentally appropriate for the child)?

Effort

How much effort is put into accomplishing something that they are involved in?
Able to self regulate on refrain from something not allowed (like touching something breakable, or going out of the room).

Fearfulness

How distresses, fearful, stressed does a child/parent become in sudden change or stimulation?

Anger/Frustration

How much of this affect is shown when child faces a challenge or does not have their own way?

Recovery Time

When there is a negative transaction or response how long does it take the child/parent to recover to a calm state and be able to re engage in the relationship?
The parent should be able to do this before the child.