

Temperament Quiz

All of us have unique temperaments – aspects of our personality that stay the same all through our lives. This quiz can help you learn how similar or different your temperament and your baby's temperament are. You may find your baby easier to parent if the two of you are similar. The guiz also indicates how "easy" or "challenging" your baby may be. (You may find parenting easier if your child scores mostly 1, 2, or 3's.)

ACTIVITY (level of physical motion/energy during eat, sleep, play, work)

| | Low | | | | >High |
|--------|-----|---|---|---|-------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

REGULARITY (how predictable are sleep, hunger, and elimination patterns)

| | Regula | r | | > | rregular |
|--------|--------|---|---|---|----------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

CURIOSITY (how open to and comfortable with new situations/people)

| | Curious | Ş | | >C | Cautious |
|--------|---------|---|---|----|----------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

ADAPTABILITY (how able to handle transitions, disruptions, change)

| | Flexible | · | > Res | istant to | Change |
|--------|----------|---|-------|-----------|--------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

INTENSITY OF EMOTIONS (laid-back, hard to upset vs. does everything big and loud)

| | Mellow | | | >D | ramatic |
|--------|--------|---|---|----|---------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

MOOD (generally happy, light-hearted vs. serious and intense)

| | Sunny- | | | > | Serious |
|--------|--------|---|---|---|---------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

FRUSTRATION LEVEL

| | Easy-go | oing | | >Fa | llsApart |
|--------|---------|------|---|-----|----------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

DISTRACTABILITY VS. PERSISTENCE (able to focus, hold attention)

| | Focus | ed | | ·> Disti | racted |
|--------|-------|----|---|----------|--------|
| Baby | 1 | 2 | 3 | 4 | 5 |
| Parent | 1 | 2 | 3 | 4 | 5 |

SENSITIVITY (how aware of light, noise, temperature, textures)

| Oblivious Hyper-aware | | | | | | | |
|-----------------------|---|---|---|---|---|--|--|
| Baby | 1 | 2 | 3 | 4 | 5 | | |
| Parent | 1 | 2 | 3 | 4 | 5 | | |

Since 1983, PEPS has been connecting families in parent peer-support groups and now offers programs for expectant parents, www.peps.org parents of newborns, infants, or adolescents and teens, plus affinity groups for families sharing identities that intersect with their identity as a parent. With PEPS, parents create strong, healthy families with concrete support, social connections and parenting resources. PEPS is a 501(C)(3) nonprofit organization.





