

## 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 quiz 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				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Sunny -----> Serious				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Regular -----> Irregular				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

**FRUSTRATION LEVEL**

	Easy-going -----> Falls Apart				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Curious -----> Cautious				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Focused -----> Distracted				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Flexible -----> Resistant to Change				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Oblivious -----> Hyper-aware				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5

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

	Mellow -----> Dramatic				
<b>Baby</b>	1	2	3	4	5
<b>Parent</b>	1	2	3	4	5