

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				
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

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

	Regular----->Irregular				
Baby	1	2	3	4	5
Parent	1	2	3	4	5

FRUSTRATION LEVEL

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

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

	Curious----->Cautious				
Baby	1	2	3	4	5
Parent	1	2	3	4	5

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

	Focused -----> Distracted				
Baby	1	2	3	4	5
Parent	1	2	3	4	5

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

	Flexible -----> Resistant to Change				
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

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

	Mellow----->Dramatic				
Baby	1	2	3	4	5
Parent	1	2	3	4	5