## NCPMI

## **Temperament Continuum**

Directions: Place the initials of each of the children in your care on the continuum for each trait based on your observations and discussions with the child's family.

Trait		Continuum
Activity Level	Very Active	Not Active
	Wiggle and squirm, difficulty sitting still	Sit back quietly, prefer sedentary activities
Distractibility	•	•
	Very Distractible	Not Distractible
	Difficulty concentrating	High degree of concentration
	Difficulty paying attention	Pays attention when engaged in an activity
	when engaged in an activity Easily distracted by sounds or sights during activities	Not easily distracted by sounds or sights during activities
	Lasiry distracted by sounds of sights during activities	
Intensity	Vorvintense	Not Intense
	Very Intense Intense positive and negative emotions	Muted emotional reactions
	Strong reactions	
Regularity	Very Regular	Not Regular
	Predictable appetite, sleep patterns, elimination	Unpredictable appetite, sleep patterns, elimination
Sensory Threshold	High Threshold	Low Threshold
	Not sensitive to physical stimuli including	Sensitive to physical stimuli including
	sounds, tastes, touch, temperature changes	sounds, tastes, touch, temperature changes
		Picky eater, difficulty sleeping in strange crib/bed
Approach/ Withdrawal		
	Tendency to Approach	<b>Tendency to Withdraw</b> Hesitant or resistant when faced with
	Eagerly approaches new situations or people	new situations, people, or things
Adaptability	Very Adaptable	Difficulty Adapting
	Transitions easily to new activities and situations	Has difficulty transitioning to new activities or situations
Persistence		
	Persistent	Easily Frustrated
	Continues with a task or activity	Moves on to a new task or activity
	in the face of obstacles Doesn't become frustrated easily	when faced with obstacles Gets frustrated easily
		Gets nustrated easily
Mood	Positive Mood	Serious Mood
	Reacts to the world in a positive	Reacts to situations negatively, mood is generally serious
	way, generally cheerful	

ZERO TO THREE: Retrieved from worldwideweb http://www.zerotothree.org/site/PageServer?pagename=kay\_temp June 11, 2009 Dimensions of temperament (found in several places and merged/adapted). WestEd. (1995). The Program for Infant Toddler Caregivers' (PITC) Trainers Manual, module 1: Social-emotional growth

and socialization (p.21). Sacramento, CA: California Department of Education. Thomas, Chess, Birch, Hertzig, & Korn, 1963.



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