



Temperament

Temperament refers to individual differences in behavioural patterns that are present very early in life and colour the way that we interact with the world. Temperament is not behaviour. Temperament is the traits and dispositions that may influence behaviour, emotional responses, attention, and motor activity.

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Temperament

Although temperament is biologically rooted, the relationships we have and environment that we live in during our early childhood can lessen or intensify the expression of various traits.

Just as an adult's temperament affects the instinctual reactions they have towards people and their environment, so does a child's. Certain aspects of the child's temperament may not correspond with the caregiver's temperament. This mismatch can impact the relationship between the child and caregiver.

What Parents Can Do*

It is very important for parents to think about their own temperaments and consider how well they match their children's temperaments. Doing so can help to understand the reason for many family conflicts. A person's temperament affects his or her own behaviour. Additionally, a parent's temperament can affect a child's behaviour and a child's temperament can affect a parent's behaviour. It is important for parents and caregivers to understand their children's temperaments and respect their unique personalities. It is not possible to make an active child inactive or make a less persistent child persistent. However, we can identify each child's strengths and build on them.