

Have Parenting Questions?

GET ANSWERS.

Sanford Parenting Services
(605) 328-7155

mutchwomenscenter@sanfordhealth.org

MUTCH WOMEN'S CENTER
FOR HEALTH ENRICHMENT
5019 S. Western Ave., Suite 200
Sioux Falls, SD 57108
(605) 328-7155

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Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to sanfordhealth.org, keyword: Parenting eSource to sign up.

EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

CHILDREN'S TEMPERAMENT

Why I Do What I Do



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YOUR PARTNER THROUGHOUT PARENTHOOD

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What is Temperament?

Ever wonder how children can have so many different personalities?

- Some babies smile and coo during a diaper change and some fuss and squirm.
- Some toddlers “go with the flow” while others cry and fuss when a schedule is disrupted.
- Some preschoolers jump in and play with new friends; some step back and just watch at a distance.

These differences are likely due to a child’s individual temperament.

One’s temperament is how one is individually wired to think, react and respond to the world. Children can’t help it if new places are stressful, or if they are emotionally intense; it is simply who they are as people.

A child’s temperament impacts how a child experiences life. A child does not choose his or her temperament but as he or she grows up, one’s temperament will affect how one engages with the world and people. Some children are feistier than others and some are more fearful. Some are shy and some are outgoing. Some are easygoing and some are intense. Whatever a child’s temperament is, they will need adult acceptance and guidance as he or she learns to navigate through life’s experiences.

WHAT MAKES UP A CHILD’S TEMPERAMENT?

There are nine temperament traits that contribute to one’s personality. These traits help to explain what may cause a child to be stressed or why a child might struggle with new schedules. These traits combine in various ways to create a child’s temperament. Temperament’s nine traits include:

Activity Level: how much physical activity a child needs to feel like he or she has moved enough.

Regularity: how predictable of a day a child needs, and if a child needs to sleep and eat regular times.

Distractibility: how easily a child becomes sidetracked when playing due to other things going on around the child.

Adaptability: how long it takes for a child to adjust to changes in your regular day or an activity.

Intensity: how much energy a child puts into how they feel.

Approach: how interested a child is in new people, places, or things immediately after being introduced.

Persistence: how long your child will continue to work on a task, even after it becomes difficult.

Sensitivity: is how easily your child is disturbed by a change in what is going on around them, such as lights, sounds, and touch.

Mood: how positive and outgoing or quiet and serious a child’s responses are.

WHY DOES KNOWING A CHILD’S TEMPERAMENT MATTER?

When you know a child’s temperament, it is easier to understand why the child is acting like he or she is and what to do about it. You can also anticipate how the child will respond in certain situations and be prepared with a supportive response. In some situations, you can help lessen a child’s stress which will help decrease emotional outbursts such as crying and tantrums.

Things to consider in a child’s day based on his or her temperament:

- If a child has a high activity level, make sure the child has a safe play space for crawling, climbing and exploring.
- If a child has tendencies to be slow to adapt to new things, remember to slowly introduce new foods, new routines and new schedules.
- If a child is high intense, take deep breaths and don’t react to his or her intensity.
- If a child is sensitive to touch, be considerate of how tight the child’s clothes fit in order to not stress the child.
- If a child prefers a regular schedule, keep this in mind when making plans in order to prevent a stressed child.

As children grow, their temperament will influence the way he or she responds to people and situations in infancy, toddlerhood, preschool, school age and teenage years. Knowing and understanding a child’s temperament is a helpful parenting tool for now and years to come.

To learn about a child’s temperament, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org.

sanfordhealth.org
keyword: parenting