

## Handout

# TEMPERAMENT ASSESSMENT SCALE FOR CHILDREN

---

*By answering the following questions about a child, you can increase your understanding of temperament.*

1. **Activity Level.** How much does the child wiggle and move around when being read to, sitting at a table, or playing alone?

**Quiet**                      1                      3                      5                      **Active**

2. **Regularity.** Is the child regular about eating times, sleeping times, amount of sleep needed, and bowel movements?

**Regular**                      1                      3                      5                      **Irregular**

3. **Adaptability.** How quickly does the child adapt to changes in schedule or routine? How quickly does the child adapt to new foods and places?

**Adapts quickly**                      1                      3                      5                      **Slow to adapt**

4. **Approach/Withdrawal.** How does the child usually react the first time to new people, new foods, new toys, and new activities?

**Initial approach**                      1                      3                      5                      **Initial withdrawal**

5. **Physical Sensitivity.** How aware is the child of slight noises, slight differences in temperature, differences in taste, and differences in clothing?

**Not sensitive**                      1                      3                      5                      **Very sensitive**

6. **Intensity of Reaction.** How strong or violent are the child's reactions? Does the child laugh and cry energetically, or does she or he just smile and fuss mildly?

**Mild reaction**                      1                      3                      5                      **High intensity**

7. **Distractibility.** Is the child easily distracted, or does she or he ignore distractions? Will the child continue to work or play when other noises or children are present?

**Not distractible**                      1                      3                      5                      **Very distractible**

8. **Positive or Negative Mood.** How much of the time does the child show pleasant, joyful behavior compared with unpleasant crying and fussing behavior?

**Positive mood**                      1                      3                      5                      **Negative mood**

9. **Persistence.** How long does the child continue with one activity? Does the child usually continue if it is difficult?

**Long attention span**                      1                      3                      5                      **Short attention span**

Reproduced/adapted with permission of the Program for Infant Toddler Caregivers, from the *Program for Infant Toddler Caregivers*. Signer, S. (Ed.). (1994). *Trainer's manual, module 1: Social-emotional growth and socialization* (Handout #6, p. 22). San Francisco: Far West Laboratory for Educational Research and Development.