

1-Brief Overview Child Core Temperaments

A GOOD FIT EQUALS CONNECTION & COMPATIBILITY

IT LIES IN THE ABILITY TO GET THE OTHER PERSON'S POINT OF VIEW AND SEE THINGS FROM HIS ANGLE
AS WELL AS FROM YOUR OWN."

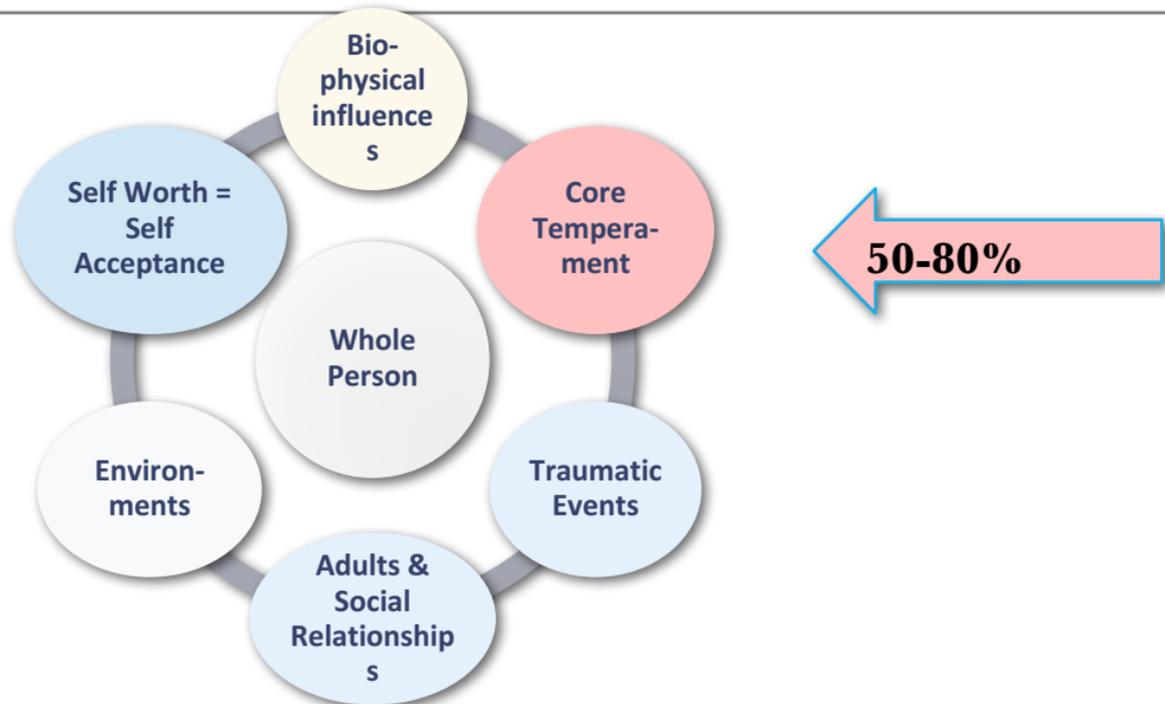
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Core Temperaments



- Each person is born with a core temperament, which is nature's 50%-80% contribution to one's overall personality.
- Temperament is rooted in biology.
- Our environments contribute the other % to our personalities and shape the whole person.
- Nurturing a parent's and child's strengths are cornerstones of ACPI's coaching model.

Temperament + Adaptation = Personality



Core Temperament Terms Vary

- **Personal Style-Example:** You are a sensitive person and become overwhelmed by loud noises. You might avoid video game machines, circuses, or loud musical concerts.
- **Interactive Style – Example –** You are very analytical and are often busy thinking and problem solving. When so intensely focused, your interactive style with people appears anti-social to others, although you are not an antisocial person.
- **Behavioral Style –** People may refer to you as the “creative” person or the class clown. Your temperament style tendency is to entertain, or be celebratory, or indulgent.

Things to Know on Temperaments

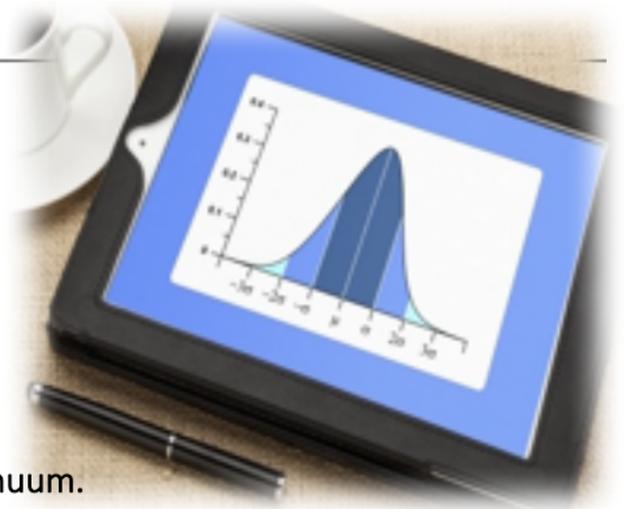
- Our environments contribute to temperaments by virtue of our ability to adapt.
- Temperament does not change throughout time—and influences life choices and life paths.
- Knowing temperaments enables you to better manage stress and emotions, which interfere with performance and relationships.
- Provides a base for being credible and accountable and improves effective communication.

Temperament Research Clarified

Thomas Chess, Birch, Hertzog, and Korn - classic longitudinal study of the 1950-1980s.

To discover how temperament qualities influence adjustment throughout life and how a child is a good fit for school, with friends, or at at home.

- Rated infants on each of nine traits, each traits a continuum.
- Being on either end of the continuum indicated more extreme or inflexible behavioral styles.
- Look for this pattern when using the assessment.





- The core that each person is born with includes an internal set of values, fears, and needs.
- We call these basic human essentials—the core temperament essentials because they drive behavior.
- The basic essentials between parent and child could clash or be compatible.

Core Strengths Derive from Temperament

In child rearing focus on strengths, to empower, to make good decisions and to self regulate.

Strengths can also develop from experience, and they are still linked to the core temperament.

Instead of trying to fix what we don't like about ourselves, research shows that we can use our natural, core strengths to 'crowd out' negative experiences and create more engaged and meaningful lives.

This is the true meaning of developing resilience.



Research Summary

These patterns are moderately stable over time but are by no means final, and life experiences and environments shape responses.

Temperament contributes to a wide range of child outcomes in behavioral, cognitive and social domains.

A child's temperament traits influence specific adult traits because of interactions and adaptation to the environment in the early years.

Having a specific temperament does not excuse behavior. Adolescents and adults are responsible for their behavior, implying that children learn self-regulation skills that serve them in adulthood.

Conclusion

Longer term studies show temperaments

- Influence self-regulation, emotionality, attention, stress responses, values, and choices and behaviors.
- Are mostly consistent across cultures.
- Basically, this is the science of being human observable in temperament traits.
- A child's temperament is apparent from early infancy, influences development, and is observable. How young ones react and learn self-regulation is assessed by observing patterns...
 - ...of positive and negative emotionality,
 - ...sociability, approach, avoidance
 - ...attentional persistence for a child.

Thanks
For
Listening

