

# TEMPERAMENT TIPS

## **HIGH ENERGY**

This child needs a lot of OK ways to use their energy. Take them to a place they can run and jump and make noise. Give them toys they can swing, throw, or kick.

## **LOW ENERGY**

This child may get tired easily. Let them play quietly. They can read, draw, or watch movies. You can slowly help them play with more energy as they grow.

## **LIKES CHANGES**

This child enjoys going from one activity to another. They like to go to new places and try new things. Help them learn to stick with an activity for a little longer.

## **DOES NOT LIKE CHANGES**

This child likes to stick with daily routines. Help them learn to try new things. Do not force them, but encourage them to explore.

## **ENJOYS PEOPLE**

This child will be very friendly. They may want to talk to strangers. You should let them, but watch them closely because some strangers could be dangerous.

## **LIKES TO PLAY BY THEMSELVES**

This child is shy, but they will talk to people they know. Tell your child about new people before they meet them. Help your child to play with others.