Stanislaus County Office of Education

Child/Family Services

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Caregiver Temperament Assessment Scale

Resource & Referral Handout

By answering the following questions for yourself, you can increase your understanding of your own temperament.

1. **Activity level.** How much do you need to move around during the workday? Can you sit through a long meeting without wiggling?

   Active 1 2 3 4 5 Quiet

2. **Regularity.** How regular are you in your eating, sleeping, and elimination habits?

   Regular 1 2 3 4 5 Irregular

3. **Adaptability.** How quickly do you adapt to a change in schedule or routine, or to a new place or food?

   Adapt quickly 1 2 3 4 5 Slow to adapt

4. **Approach or withdrawal.** How do you react upon introduction to new people, places, activities, or tools?

   Initial approach 1 2 3 4 5 Initial withdrawal

5. **Physical sensitivity.** How aware are you of slight differences in noise level, temperature, touch, or movement?

   Not sensitive 1 2 3 4 5 Very sensitive

6. **Intensity or reaction.** How strong are your reactions?

   High intensity 1 2 3 4 5 Mild reaction

7. **Distractibility.** When you are attempting to concentrate, how easily are you distracted by passing people, cars, or movement?

   Very distractible 1 2 3 4 5 Not distractible

8. **Positive or negative mood.** How much of the time do you show pleasant, joyful behavior compared with unpleasant or grouchy moods?

   Positive mood 1 2 3 4 5 Negative mood

9. **Persistence.** How long will you continue with a frustrating task?

   Long attention 1 2 3 4 5 Short attention

NINE TEMPERAMENT TRAITS

1. **Activity level --** amount of movement and bodily activity

2. **Biological rhythms --** regularity or irregularity of such functions as sleep-wake cycle, hunger, and bowel elimination

3. **Approach/withdrawal** -- how you responds to a new situation, person, or experience

4. **Adaptability --** how quickly you adapt to a change in routine or overcome an initial negative response

5. **Quality of mood** -- the amount of pleasant, cheerful, and openly friendly behavior (positive mood) as contrasted with showing unfriendliness (negative mood)

6. **Intensity of reactions** -- the energy level of mood expression, whether it is positive or negative

7. **Sensitivity threshold** -- the degree of your sensitivity to potentially irritating stimuli, such as noise level, movement in surrounding area, bright light, touch

8. **Distractibility** -- how easily an unexpected event, such as the ringing of a telephone or someone entering the room, can distract you from an activity like feeding or playing

9. **Persistence and attention span** -- two closely related traits; persistence refers to the length of time that you will stay with a difficult activity without giving up, and attention span describes how long you will concentrate before his or her interest shifts

Adapted from the Center for Child and Family Studies & Far West Laboratory for Educational Research and Development. (1990). Program for infant-toddler caregivers. Sacramento, CA: California Department of Education.