

Nine Basic Traits

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Activity Level	How active is the child generally, from an early age?
Distractibility	How easily is the child distracted? Can he/she pay attention?
Persistence	Does the child stay with something he/she likes? How persistent or determined is he/she when he/she wants something?
Approach/Withdrawal	Does the child have a positive or negative response to new places, people, foods, clothes, or toys?
Adaptability	How does the child deal with transition and change? How long does it take the child to get used to changes in routine?
Emotional Intensity	How much emotional energy does the child put into his/her responses, whether happy or unhappy?
Bodily Regularity	How predictable is the child in his/her patterns of sleep, appetite, bowel habits?
Sensory Sensitivity	How does the child react to sensory stimuli: noise, bright colors, smells, pain, warm weather, tastes, the texture and feel of clothes? Is he/she easily bothered? Is he/she easily over stimulated?
Mood	What is the child's basic mood? Is the child generally happy or unhappy?