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PARENT PLAYGROUND

RAISING RILEY



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Newsletter Introduction

"Slow to Warm" or "Cautious" temperaments are the focus of this newsletter. How does this temperament and people that fall into this category differ from the other 2 temperaments? Let's read to find out!

REMEMBER: temperament is not an either/or situation. It can be thought of as characteristics on a range (or perhaps a spectrum) of intensity, a degree of intensity of characteristics.



"What does it mean..."

SLOW TO WARM/CAUTIOUS TEMPERAMENT

Definition¹

Remember the definition for TEMPERAMENT:

"A child's temperament describes the way in which they approach and react to the world." This is something that is unique to each person. Think of it as their own "personal style" in engaging with the world.

A child's temperament does NOT:

- Change over time
- Predict behavior
- Fit neatly into one type

When it comes to Slow-to-Warm/Cautious temperament, about 15% of people fall in this category. Individuals are hesitant to meeting new people and experiencing new situations. With younger children, you might notice them withdraw or have a negative reaction.

If you remember from our first discussion focused on temperament, you might realize that while temperament does not change over time certain behaviors can be **LEARNED** to help people in new situations. So while your child might fall in the Slow-to-Warm/Cautious temperament category and be hesitant to new people or situations, with appropriate encouragement and support they can learn behaviors and skills to handle meeting new people and being in new situations. That doesn't mean the temperament has changed. Just have learned a way to live with it through the support and safety you provide.

This is great news! When you know your child's temperament and how they work best, you can find ways to manage behaviors and set expectations that are reasonable and will realistically be followed. A new way to think about your relationship!

Characteristics²

There are several things that go into helping determine temperament. Here are characteristics of children that fall in this temperament:

- Can be less active or low activity levels
- Irregular eating/sleeping patterns
- Need more time to adapt and transition
- High responsiveness threshold
 - sensitive to sounds, tastes, smells, touch, etc.
- Typically labeled as "more fussy" or "muted" emotional responses
- Low attention span and persistence
 - Can be very distracted because they are so aware of their surroundings and what is taking place
 - "Is it safe or not safe? Familiar or not familiar?"

Keep in Mind³

ROUTINE AND PREDICTABILITY are what help these children thrive. Not only is that good for ALL children, it is especially beneficial for children in this temperament style. Knowing what is coming and going to happen can help them feel safe and comfortable. When they are comfortable they are able to try new things or meet new people. Something to keep in mind!



TEMPERAMENT: "...describes the way in which a child approaches and reacts to the world."



A Deeper Look

TEMPERAMENT IN REAL LIFE

Here we will discuss some strategies to engage, discipline, and support your Slow to Warm/Cautious temperament children. REMEMBER: all of this information is subjective. What works for one child might not work for the next. AND - not everyone fits neatly into one temperament style.

Discipline: 4

- Praise or Encouragement can be very effective
- Provides further motivation to do something new
- Opportunity to take away the pressure of doing something right or perfect
- Notice where the child is emotionally and then praising whatever effort was made

Support: 5

- Let your child know that you love and accept them
- Avoid labels!
- Look for opportunities to build self-confidence
- Make time for your child to warm up to new caregivers
- Give notice about new people, events, and places
- Put what you think your child is feeling into words
- Host friends and family at your house
- Read books about friendships
- Be a role model for all of these listed above!

RESOURCES

1 <http://csefel.vanderbilt.edu/resources/www/wwwb23.html>

2 <https://www.verywellfamily.com/child-temperament-traits-3987493>

3 <https://www.zerotothree.org/resources/1055-temperament-reaction-to-change>

4 <https://www.verywellfamily.com/how-to-tailor-discipline-to-your-childs-temperament-1094786>

5 <https://www.zerotothree.org/resources/13-supporting-a-child-who-is-slow-to-warm-up>

Upcoming Events

BE SURE TO CONTACT US TO REGISTER!

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 NEW Monthly StoryWalk Book	2 Family StoryTime Public Library @ 11-11:30 AM
3	4 INDEPENDENCE DAY! *RR Offices Closed*	5	6	7	8 Arts in the Park - City Park @ 8:00 PM	9 Book Club - Part 1 @ 9-10 AM Anneberg Park
10	11	12 Laundry Love @ Sud's Y'r Duds @ 6 -9 PM	13	14	15 Arts in the Park - City Park @ 8:00 PM	16 Family StoryTime Public Library @ 11-11:30 AM
17	18	19	20	21	22 Arts in the Park - City Park @ 8:00 PM	23 Family StoryTime Public Library @ 11-11:30 AM
24	25	26	27	28	29 Arts in the Park - City Park @ 8:00 PM	30 Family Event @ Sunset Zoo @ 9:30-11:30 AM
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*****BONUS TIME*****

Contact us answering the question below to earn a FREE new book for your personal library!

How would you introduce a child with a Slow to Warm/Cautious temperament to a new person, object, or situation?

CONTACT US:

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