

# Conscious Discipline

## Weekly Worksheet

10.16.08

This week's worksheet will focus on understanding your child's temperament. Temperament—built in wiring that each child has at birth. Pattern of behavior that's consistent over time. This is where understanding a child's sensory processing style comes into play. There are nine factors or traits a child may have in different proportions.

Activity level—Understand sensory processing style --sensory seeker—active, restless, fidgety vs. under-responder

Quality of mood—positive, happy, negative, fussy, cranky, serious

Approach/withdrawal—how does the child respond to new situations? With enthusiasm or fear?

Rhythmicity—Regularity of habits, sleep, eat, elimination

Adaptability—How adaptable is the child to transition and change? Resistant to changes in activity, food, and clothing

Sensory Threshold—How does child react to sensory stimuli such as noise, light, smells, tastes, pain, weather, touch, wet diapers—Sensory seeker v. under responder v. over responder

Intensity of reaction—How intense is the child's reaction to both positive and negative stimuli?

Distractibility— How distracted is the child especially when upset? Can she pay attention?

Persistence—how long can child focus? How long will child tantrum?

**Exercise**—Think about your temperament and then think about your child's temperament. How is your temperament different from your child's? Is this a factor when you find your child's behavior challenging?