

Temperament Questionnaire

Preschool – Kindergarten 3.0-6.11 years

If both parents are participating, please do separate questionnaires on your child; a combined questionnaire will skew the profile results. Additionally, don't discuss questions while filling out the questionnaire or change answers based on how your partner answered a question. Questionnaire needs to be returned at least 48 hours before your appointment time - or by Friday afternoon for a Monday appointment.

WHEN COMPLETED, PLEASE RETURN BY EMAIL OR FAX BACK TO: (415) 590-2330

CHILD'S NAME:

CHILD'S DOB AND GENDER:

NAME OF PARENT COMPLETING QUESTIONNAIRE:

SIBLINGS AND AGE:

This questionnaire is used to develop a temperamental profile for your child, which will help understand his/her areas of strengths and challenges. Please reflect on the following questions and rate your child's behavior on a scale of 1 - 5.

1) SENSITIVITY

How sensitive is your child to temperatures, textures, or to small changes and novelties?

Low sensitivity					High sensitivity
1	2	3	4		5

2) DISTRACTABILITY

When involved in something, how easily can your child be distracted by noises or other events?

Low					High
1	2	3	4		5

3) ACTIVITY LEVEL

How much movement does your child show during the day or night (while sleeping, dressing, eating, playing)?

Low					High
1	2	3	4		5

4) INTENSITY

How intense are your child's reactions to positive, negative, or new situations?

Low					High
1	2	3	4		5

5) ADAPTABILITY

How fast does your child adapt to changes, transitions or intrusions?

Fast					Slow
1	2	3	4		5

6) APPROACH OR WITHDRAWAL

Does your preschooler initially approach or hang back in new situations or from unfamiliar people, pets, or objects?

Approach					Withdrawal
1	2	3	4		5

7) FRUSTRATION TOLERANCE

How easily does your child become frustrated with obstacles or limits placed on his/her activities?

Not easily frustrated					Easily frustrated
1	2	3	4		5

8) REGULARITY

How consistent and predictable is your child's daily pattern of hunger, eating, sleeping and elimination?

Very regular					Very irregular
1	2	3	4		5

9) SOOTHABILITY

When upset, how easily can your child be distracted, diverted, and/or soothed

Easy to soothe					Hard to soothe
1	2	3	4		5

For each item below, describe your child's recent or current behavior by selecting the appropriate number on the following scale:

1) almost never 2) rarely 3) usually does not 4) usually does 5) frequently 6) almost always

Write n/a (not applicable) for any item that has not occurred, or does not yet apply to your child.

**Note that more than 7 n/a answers will not allow the profile to be scored.*

- ___ 1. When you are talking, your child interrupts you.
- ___ 2. When told it is time to leave, your child gets ready to go without much complaining.
- ___ 3. Your child repeatedly disregards safety rules.
- ___ 4. Your child has difficulty going to sleep if there is noise in the house.
- ___ 5. When with other children, your child prefers to remain at the fringes of the group.
- ___ 6. When upset or in a bad mood, your child can easily be talked out of it.
- ___ 7. Your child will continue playing with a toy or at a physical activity after a brief interruption.
- ___ 8. In stores, your child reaches for objects on the shelves.
- ___ 9. Your child protests when it's time to stop playing and sit down to eat.
- ___ 10. Your child accepts new foods after one or two tastings.
- ___ 11. Your child gets into things around the house that your he/she has been repeatedly told to leave alone.
- ___ 12. When sleeping, your child is easily awakened by household noises.
- ___ 13. When meeting someone new, your child shows a definite reaction (positive or negative).
- ___ 14. Your child squirms, wiggles, and moves around a lot when listening or watching (TV, music, story, etc.).
- ___ 15. Your child cries when it's time to leave the park or playground.
- ___ 16. Your child seems to notice whether the temperature outside is hot or cold.
- ___ 17. Your child asks for a snack at about the same time each day.
- ___ 18. Your child is energetic (runs, jumps, crawls around, etc.) when playing outdoors.
- ___ 19. Your child's first reactions to unfamiliar people is to withdraw.
- ___ 20. While eating, your child is easily distracted by other people or sounds.
- ___ 21. Your child is easily upset by a harsh tone of voice.
- ___ 22. Your child obeys the rules set by other adults (neighbors, teachers, etc.) outside the house.
- ___ 23. Your child approaches unfamiliar pets.
- ___ 24. When indoors, your child quietly plays with toys.
- ___ 25. Your child stalls when you pick him/her up from daycare, preschool or the babysitter.
- ___ 26. Your child is hungry for meals at about the same time each day.
- ___ 27. Your child seems to notice when familiar foods are prepared differently.
- ___ 28. In a store, your child continues to ask for something he/she wants, even when told he/she can't have it.
- ___ 29. Your child reacts intensely when told "NO!"
- ___ 30. When visiting a place for the first time, your child's first reaction is to withdraw and stay close to you.
- ___ 31. Your child protests when it's time to go to bed.
- ___ 32. Your child will keep returning to activities that other children his/her age hesitate to attempt.
- ___ 33. When given a new toy, your child reacts vigorously (positively or negatively).
- ___ 34. Your child sits still in the car or car seat.
- ___ 35. The amount your child eats at each meal is predictable.
- ___ 36. When given a new toy, your child needs a lot of encouragement before trying it.

- ___ 37. Your child notices clothing that is tight or itchy.
- ___ 38. Your child is very expressive when successful.
- ___ 39. Your child will keep returning to a difficult toy until mastering it.
- ___ 40. Your child goes to sleep about the same time each day.
- ___ 41. While playing, your child will stop if distracted by other people or other sounds.
- ___ 42. Your child reacts intensely when you can't keep a promise right away.
- ___ 43. Your child wants to listen/hear/watch the same song/story/video day after day.
- ___ 44. In restaurants, your child prefers to stick to familiar food rather than try a new food.
- ___ 45. If your child wants a particular toy/treat while shopping, he/she will easily accept something else instead.
- ___ 46. Your child wakes up at about the same time on weekends and holidays as on weekdays.
- ___ 47. Your child notices when the order or sequence of daily procedures is changed.
- ___ 48. Your child shrieks when frustrated.
- ___ 49. When tired, your child can easily be comforted by a parent.
- ___ 50. When you make plans to do something and then have to change them, your child complains.
- ___ 51. Your child gets upset when asked to wear new clothes or shoes.
- ___ 52. Your child runs to where he/she wants to go.
- ___ 53. Your child notices when something sounds "wrong" (song sung out of key, a sound that's harsh or grating, etc.).
- ___ 54. When tasting a new food, your child's first reaction is very definite (positive or negative).
- ___ 55. If your child is doing something forbidden, your child can be easily talked out of it.
- ___ 56. When disciplined, your child appears upset.
- ___ 57. When listening to you, your child can easily be distracted by other people or sounds.
- ___ 58. When upset or frustrated, your child can easily be talked out of it by someone other than a parent (babysitter, relative, etc.).
- ___ 59. Your child reacts intensely when he/she can't make a toy do what he/she wants it to do.
- ___ 60. Your child will play with a favorite toy for more than fifteen minutes at a time.
- ___ 61. Your child protests when daily routines are changed.
- ___ 62. Your child notices new items in the home or if furniture has been rearranged.
- ___ 63. Your child would prefer hearing an old story rather than a new one.
- ___ 64. When taken to a new place, your child's reaction (positive or negative) is intense.
- ___ 65. Your child has a bowel movement at about the same time each day.
- ___ 66. Your child will keep playing a game that is not finished, despite being told to stop.
- ___ 67. Your child likes to talk for the sake of talking.
- ___ 68. Your child notices small changes in his/her parent's appearance.
- ___ 69. When outside, your child will play on yard or playground equipment for more than ten minutes without assistance.

Please provide a brief description of your questions and/or concerns regarding your child's temperament and behavior (attach additional sheet if needed):