Temperament Questionnaire

Toddlers 13-35 months

*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 48 hours before your appointment 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 toddler to distractions or small changes/differences in food, clothing, lighting, etc.?

Low sensitivity High sensitivity

1 2 3 4 5

2) ACTIVITY LEVEL

How much movement does your toddler show during the day or night (while sleeping, dressing, feeding, playing, etc.)?

Low High

1 2 3 4 5

3) INTENSITY

How intense are your toddler's reactions (positive and negative)?

Low High

1 2 3 4 5

4) ADAPTABILITY

How fast does you toddler adapt to changes, transitions or intrusions?

Fast Slow

1 2 3 4 5

5) APPROACH OR WITHDRAWAL

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

Approach Withdrawal

1 2 3 4 5

6) FRUSTRATION TOLERANCE

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

Not easily frustrated Easily frustrated

1 2 3 4 5

7) REGULARITY

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

Very regular Very irregular

1 2 3 4 5

8) 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 infant'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 6 n/a answers will not allow the profile to be scored.*

\_\_\_ 1. Your child wakes up about the same time every morning (less than ½ hour variation).

\_\_\_ 2. When outdoors your child runs, jumps, crawls, and actively moves around.

\_\_\_ 3. Your child laughs and shouts when happy.

\_\_\_ 4. Your child cries when it is time to leave the park or playground.

\_\_\_ 5. Your child smiles and approaches familiar people.

\_\_\_ 6. Your child will persist for longer than five minutes with a new toy or puzzle he/she has not mastered yet.

\_\_\_ 7. Your child protests when it's time to stop playing and come eat.

\_\_\_ 8. Your child goes to sleep about the same time every day.

\_\_\_ 9. Your child reacts intensely when told "no.”

\_\_\_ 10. When approached by unfamiliar people, your child's first reaction is to withdraw.

\_\_\_ 11. Your child notices and reacts to changes in lighting (shades raised, lights turned on, etc.).

\_\_\_ 12. When upset, your child can be calmed quickly.

\_\_\_ 13. When tasting a new food, your child's reaction is very definite (positive or negative).

\_\_\_ 14. Your child will continue for several minutes to try to master something that is stuck or won't work.

\_\_\_ 15. Your child seems to notice sudden, loud noises.

\_\_\_ 16. Your child takes naps at a different time (more than 30 minute variation) from day to day.

\_\_\_ 17. Your child complains when he/she has to stop playing and go to the store with you.

\_\_\_ 18. When indoors, your child wants to go outdoors and play more actively.

\_\_\_ 19. Your child complains loudly when hungry.

\_\_\_ 20. Your child complains when being given a bath.

\_\_\_ 21. When teaching your child how to use playground equipment, your child stops trying if he/she isn't successful right away.

\_\_\_ 22. While eating, your child can be distracted by other people or other sounds.

\_\_\_ 23. Your child wants the same bedtime ritual each night.

\_\_\_ 24. When going outdoors, your child seems to notice whether the temperature is hot or cold.

\_\_\_ 25. Your child moves while sleeping and wakes up in a different position or place.

\_\_\_ 26. Your child's first reaction to strange surroundings (a different house, new playground, etc.) is to explore.

\_\_\_ 27. Your child will play with a favorite toy for more than ten minutes at a time.

\_\_\_ 28. When meeting someone new, your child shows a very definite reaction (positive or negative).

\_\_\_ 29. Your child is hungry for meals at about the same time every day.

\_\_\_ 30. Your child annoys pets after being told to stop.

\_\_\_ 31. Your child protests when it is time to go to bed.

\_\_\_ 32. The amount your child eats at meals is predictable.

\_\_\_ 33. Your child expresses a lot of feeling (positive or negative) when you return from work or a short trip to the store.

\_\_\_ 34. Your child obeys household limits (e.g. doesn't touch stove, electrical outlets).

\_\_\_ 35. While playing, your child will stop when distracted by other people or sounds.

\_\_\_ 36. Your child cautiously looks at new toys for several seconds before playing with them.

\_\_\_ 37. When upset, your child can be calmed by a variety of methods (talking, singing, walking around, etc.)

\_\_\_ 38. Your child fusses when his/her diaper is wet.

\_\_\_ 39. Your child accepts new babysitters without much complaining.

\_\_\_ 40. Your child protests intensely when you can't pick him/her up right away.

\_\_\_ 41. New toys produce a very definite reaction in your child (positive or negative).

\_\_\_ 42. Your child wiggles, squirms, and splashes around in the bath.

\_\_\_ 43. Your child complains when having his/her diaper changed.

\_\_\_ 44. Your child repeatedly attempts to get into a restricted area (cupboard, locked door, etc.).

\_\_\_ 45. While learning a new skill, your child will stop when distracted by other people or sounds.

\_\_\_ 46. Your child eats and drinks slowly and quietly.

\_\_\_ 47. After being put to bed at night your child goes to sleep within five minutes.

\_\_\_ 48. With unfamiliar pets, your child's first reaction is to move toward them.

\_\_\_ 49. Your child continues to play objects despite being told to stop.

\_\_\_ 50. Your child wants to listen to the same song or hear the same story day after day.

\_\_\_ 51. Your child runs to get where he/she wants to go.

\_\_\_ 52. Your child has a bowel movement at about the same time each day.

\_\_\_ 53. If your child is doing something forbidden, he/she can easily be talked out of it.

\_\_\_ 54. When you are reading a story to your child, he/she fusses when the story is over.

\_\_\_ 55. While paying attention to you, your child can easily be distracted by other people or sounds.

\_\_\_ 56. After a brief interruption (snack, toilet, etc.), your child will return to the same toy or physical activity.

\_\_\_ 57. When first entering a playground or yard with other children, your child waits and watches for a while

\_\_\_ 58. Your child sits still in the car seat.

\_\_\_ 59. Your child notices new items in your home or new arrangements of furniture.

\_\_\_ 60. When routine schedules are changed, your child complains loudly.

\_\_\_ 61. Your child remains still while being dressed or diapered.

\_\_\_ 62. When meeting someone familiar, your child shows a lot of feeling (positive or negative).

\_\_\_ 63. When taken to a new place, your child shows a very definite reaction (positive or negative).

\_\_\_ 64. Your child will keep practicing new physical activities for more than five minutes.

\_\_\_ 65. Your child will notice and is attracted to small differences in color, shape, or variations in texture.

\_\_\_ 66. Your child reacts intensely when your child can't make a toy do what he/she wants it to do.

\_\_\_ 67. When picked up in your arms, your child adjusts to your position.

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