



LRECFR Newsletter July to September 2008

Social/Emotional Development

TEMPERAMENT

Temperament is one part of social/emotional development. It is the set of unique behavior characteristics all babies are born with that tell us how babies approach and experience their worlds.

Effective parents and caregivers recognize the similarities and differences between their own temperament and the baby's so that they can make adjustments as needed. Adults who understand temperament help the baby develop the feeling of safety and trust by sensitizing themselves to their baby's needs. Feelings of safety and trust are very important to healthy social and emotional wellbeing.

Common Temperament Types

Rate each item below using 1, 2 or 3.

1 Dislikes it/doesn't need it/very little 2 Adaptable/Is OK with it/just right 3 Loves it/needs it/alot

1 2 3 **SENSITIVITY** - Your baby reacts to stimulation of lights, sounds, and touch. Rate the amount needed.

1 2 3 **GENERAL ACTIVITY** - Your baby sleeps, cries, lies in the crib or reacts to child care procedures (diapering, dressing, bathing, feeding). Rate your baby's level of physical activity (moving, kicking, waving arms) during these times.

1 2 3 **GENERAL INTENSITY** - Your baby reacts to feedings, people, toys, or child care procedures. Rate the intensity of your baby's expression of likes and dislikes.

1 2 3 **FRUSTRATION TOLERANCE** - Your baby grasps objects, watches and eats. Rate the length of time your baby will keep at an activity.

1 2 3 **ADAPTABILITY** - Your baby will adapt to changes, transitions, novelties or child care procedures. Rate the speed with which the baby adjusts.

1 2 3 **REGULARITY** - Your baby has a pattern of hunger, sleep, and activity cycles. Rate the consistency in your baby's pattern.

1 2 3 **SOOTHABILITY** - Your baby may need calming or distraction when fussing or crying. Rate the ease to sooth your baby.

REMEMBER All people are unique! Your baby's temperament matters. Recognize you and your baby's temperament to reduce stress for you and your baby.

Baby Board Books

Charley Harper ABC by Charlie Harper

Alphabet by Paula Wiseman

Fun Is a Feeling by Clara M. Curtis

Picture Books Ages 4-8

Grandma Summer by Harly Jessup

Fireflies by Julie Brinckloe

The Relatives Came by Julie Brinckloe

Flotsam by David Wiesner

Summer's Vacation by Lynn Plourde and Greg Couch

Will You Be My Friend? by Maria P. Ferreres and Valeria Fontanals

Feelings by Alik

The Feelings Book by Todd Parr

For more information, please visit the website www.lrecfr.org. Add your name to the Email list to receive personal emails and newsletters about parenting a young child. If you do not have access to a computer, please call.





Social Emotional Development

Developing a relationship between your baby and parent/caregiver happens.

At what age and what skills will my child develop?

Following are helpful hints taken from The Creative Curriculum For Preschool by D. T. Dodge, L. Colter, C. Heroman and The Creative Curriculum for Infants, Toddlers & Twos by D. Dodge, S. Rudick, K. Berke.

For Infants, Toddlers & Twos

- Trusts known and caring adults
- Regulates own behavior
- Responds to others' feelings with growing empathy
- Plays with other children
- Manages own feelings
- Learns to be a member of a group
- Uses personal care skills

For 3-6 Year Olds Sense of Self

- Shows ability to adjust to new situations
- Demonstrates appropriate trust in adults
- Recognizes own feelings and manages them appropriately
- Stands up for rights

For 3-6 Year Olds Responsibility for Self and Others

- Demonstrates self-direction and independence
- Takes responsibility for own well-being
- Respects and cares for classroom environment and materials
- Follows classroom routines
- Follows home and classroom rules

For 3-6 Year Olds Pro-social Behavior

- Plays well with other children
- Recognizes the feelings of others and responds appropriately
- Shares and respects the rights of others
- Uses thinking skills to resolve conflicts

Favorite links

- www.preventiveoz.org
- www.temperament.com
- www.serve.org/SS/myselftemperment.php
- www.childdevelopmentinfo.com
- www.lrecfr.org
- www.bornlearning.org



Check out the webpage for a community calendar of events
www.lrecfr.org



Contact Information

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Child Care Resource and Referral
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Deb Rosato
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Play Groups

Little Peasaukees

Alton Bay Community Center
Tuesdays 9:30 am to 11:30 am
Thursdays 9:30 am to 11:30 am

Laconia- Giggles & Grins Family Resource Center

Tuesdays 9:30 am to 11:30 am
Thursdays 9:30 am to 11:30 am
Fridays 9:30 am to 11:30 am

New Hampton "Newfound Play Pals"

New Hampton Community Church
Wednesdays 9:15 am to 11:15 am
Fridays will start up in May!

Giggles & Grins North

Tuesday and Thursday from 10:00 am-12:00 pm at the Pemi Youth Center at 111 Main St. Plymouth