



Helping Hands for Families

Is Your Child Challenging?

Every child is born with his or her own unique approach or "temperament." Temperament affects how children react to their world and how parents respond to their children. Parents who understand their child's temperament feel better about their child and eventually have an easier time handling challenging behaviors.



A child's temperament is from birth and is made up of a few different traits - things like sensitivity, intensity, energy level, persistence, and how they adapt to new things.

For example, if your child is naturally persistent, you may believe she is stubborn or bull-headed and may force her to give up or in. Let's say it's time to head to Grandpa's house and she will not stop building her LEGO castle after telling her twice to stop. Instead of yelling "Stop right now or I'll spank you!" there are ways to help her learn and reduce your own frustration, too.



Image by klimkin from Pixabay

First, viewing your child's persistence as a positive trait is key, but it must be managed well. Persistent people are usually high achievers! Next, using your words to help her learn is necessary, "I see you are building a beautiful castle. We are leaving for Grandpa's in 20 minutes so you probably won't finish now. What part can you finish now, and what will you finish later after we get home?" It can take a little more than this at first, but over time she will learn how to achieve her goals without making everyone else and herself upset.

Each of the nine traits of temperament (see yellow box) can challenge parents. If parents learn more about temperament and help their children learn, everyone does better. Less frustration and more pride for parents, and more goodwill and success for children!

To learn more about temperament and your child, check out the back side for books, fact sheets, Facebook page, blog, websites or a local workshop!

Nine Traits of "Temperament"

- Intensity or degree of reaction
- Persistence or not giving up
- Perceptivity or noticing all
- Sensitivity, both physical and emotional
- Energy Level
- Adaptability to transitions
- First Reaction to new things
- Regularity or predictability
- Disposition/General Mood

"Talk about energy! Shiloh needs to burn it off every day or he will not sleep."

"When Shana looks horrified and runs away from me in the store, she's really reacting to a new strong smell and doesn't know what to do."

Marquette County
Family Connections
Coalition

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Marquette County Health
Department
608-297-3135

Marquette Early Learning
Center & Head Start
608-296-2141 x 2114

Marquette County
UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcar, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

WorkSmart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County
Family Connections
Coalition links
families to
community agencies
for information,
education and
support.

Super Duper Resources!

BOOKS Ask for these books at your public library or buy at a book store or online. Easy to read with lots of examples!



Is That Me Yelling? A Parent's Guide to Getting Your Kids to Cooperate Without Losing Your Cool by Rona Renner, RN

Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic by Mary Sheedy Kurcinka

Your Rules Are Dumb: How to Maintain Your Parental Authority While Creating a Partnership With Your Spirited Child by Rebecah Freeling

FACEBOOK

<https://www.facebook.com/raisingyourspiritedchild/> by Mary Sheedy Kurcinka, Raising Your Spirited Child

BLOG

<http://www.parentchildhelp.com/Blog.cfm> by Mary Sheedy Kurcinka, author of Raising Your Spirited Child

FREE FACT SHEETS ONLINE

Parenting Your Unique Child <https://parenting.extension.wisc.edu/parenting-your-unique-child/> For parents of children ages 0-3. Free. Describes what temperament is and useful strategies for handling various temperaments. Also what preschool fits best with different temperaments and how sibling rivalry is influenced by children's temperament. These 12 sheets are for parents of children ages 0-3.

GET A PROFILE OF YOUR CHILD

The Preventive Ounce <https://www.preventiveoz.org/> Describes temperament with free tips and ideas for parents. For \$10, you can get a profile of your child's temperament, some behaviors that you may be seeing, and strategies to successfully

manage these behaviors and help your child learn. The Preventive Ounce is a research-based non-profit organization.

LEARNING WORKSHOP

Bringing Up (and Surviving) Your Spirited Child. Four 2-hour sessions, face-to-face in Marquette County. \$25 fees includes a new copy of "Raising Your Spirited Child, Third Edition" for you use and keep.

For next workshop or for the handouts, contact Sue Allen, Marquette County Extension, 608-297-3139 or susan.allen@wisc.edu.



For families living in Marquette County

**** Enroll Now ****

**Early Head Start
Home Visiting Program
for pregnant mothers and
children up to age 3**

This year-round program encourages your child's physical, intellectual, emotional and social developmental while providing family services to parents.

Contact

Head Start at the Marquette County Early Learning Center in Oxford
296-2141 ext. 2217 or 608-450-0491
for more information or to enroll in this home visiting program.

Red, White and Blue Salad - 2 servings

1 large slice watermelon, 1-inch thick
1/2 cup low fat vanilla yogurt
1/2 cup low fat blueberry yogurt

1. Cut watermelon slice in half. Then cut each half into 5 wedges (triangles) and cut off rind.
2. On a plate, arrange each group of 5 wedges into a star shape with the points facing out.
3. Spoon half of the each flavor yogurt into the center of each star.

Source: <https://www.kidsacookin.org/easy-recipes/Red-White-Blue-Salad.pdf>



Kids Can Do This!
Parents help with the cutting.