

**RAINBOW PEDIATRICS
44 COLLINS DRIVE, SUITE 202
MIDDLEBURY, VT 05753
802-388-1338**

DIMENSIONS OF TEMPERAMENT

ACTIVITY LEVEL: Is the baby in motion most of the time he is awake?
Some of the time? Rarely?

RHYTHMICITY: Does the baby have a predictable time for sleeping, waking, feeding, and eliminating? Or is the timing different from one day to the next?

APPROACH OR WITHDRAWAL: When the baby is presented with something new (a different toy, an unfamiliar food), does she go for it right away or turn away – at least first?

ADAPTABILITY: Does the baby soon get used to new things, or only slowly or not at all?

THRESHOLD OR RESPONSE: Does the baby react to quiet words or a light caress, or does it take more intense stimulus like a loud voice or a firm grasp to elicit a reaction?

INTENSITY OF REACTION: Are the baby's responses – crying, laughing, turning away, or whatever – intense or low-key?

QUALITY OF MOOD: Is the baby's behavior pleasant, joyful, and friendly most of the time, or is his mood usually unpleasant?

DISTRACTIBILITY: When the baby is engaged in some activity – nursing, for example – does an outside stimulus like the sound of a ringing telephone make her stop or change what she's doing?

ATTENTION SPAN AND PERSISTENCE: Does the baby stay with an activity, like playing with a toy or feeding, for sustained periods of time? Does he continue the activity, even when obstacles or distractions occur?