

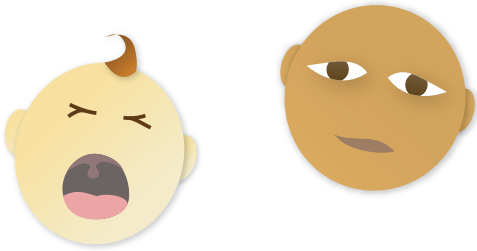
Your Baby is Unique!



Your baby is born with an individual *temperament*. Temperament has a number of characteristics, each of which varies across a wide range.

Sometimes undemanding babies are labelled as “good” and those who are more difficult to care for as “bad”. Babies are neither good nor bad; they are themselves.

Over the next year you will come to know your baby well. Your task is to become expert on your baby’s unique temperament or personality. This can take time. By watching closely you can learn to care for your baby in ways that are effective and satisfying for all of you.



Where does your baby fit on the spectrum? Place an arrow like this:



How does your baby respond to new people or situations?	Very confident		Tentative and uncertain
How predictable is your baby; for example, does she wake at the same time every day?	Regular		Unpredictable and irregular
Does your baby cooperate, or squirm and fuss while being dressed or bathed?	Placid		Lively or irritable
How easily soothed or comforted is your baby?	Easily and quickly comforted		Cannot be comforted
Does your baby look at a toy or other object of interest for a sustained period of time?	Easily frustrated		Calm, not easy disturbed
Does your baby react strongly to new experiences?	Highly active and very intense reactions		Less active, calmer reactions

