5 BENEFITS TO UNDERSTANDING YOUR CHILD'S TEMPERAMENT

From a classical medical perspective to a modern approach, the four temperaments as originally outlined by Hippocrates are one of the most important concepts to understand. Here's to a better understanding of and connection to our children.

JADE LUCI

Jade Luci is an entrepreneur and owner of the Play to Learn Early Learning centres. She is also the founder and author of The Empowered Children's Program, a holistic program that supports children's emotional wellbeing, specifically those children from trauma based backgrounds. Jade embodies a holistic and natural approach to parenting and early education, from how she parents her own children at home to how she mentors her team of educators within her childcare centres. Jade Luci has a vision to provide early education and care programs that support every family in every community, authentically providing services that enable families to then function to their highest potential. Promoting connection between family, careers and children from home to the care environments!

WWW.PLAYTOLEARNELC.COM

CONTENTS

1 INTRODUCTION

2 UNDERSTOOD

3 APPRECIATE

4 APPROACHES

5 ESTABLISHED

CHAPTER

1

INTRODUCTION

INTRODUCTION

Understanding the four temperaments and there application is the most important task of anyone working with young children, including the parents. To understand the very nature of your child will allow you to develop a secure relationship, one where you know exactly what your child needs and how to best respond to them.

The individual temperament of your child will dictate how you speak with them, nurture them, educate them and mentor them. It really is a delicate balance.

The four temperaments are, Choleric, melancholic, sanguine and phlegmatic. All have very different qualities; one is fiery, while the other is cheerful, one has a heaviness to them where the other is gentle.

A choleric requires opportunities for danger, while a Phlegmatic takes things calmly and a melancholic is sensitive, therefore time to communicate effectively is important. Finally, a sanguine takes life lightly- not much will bother a cheerful sanguine child.

CHAPTER

UNDERSTOOD

UNDERSTOOD

Do you know what it takes to fully understand what your child wants? Do you ask yourself, what will it take to ensure my child is thriving?

Many families I meet struggle with the day to day tasks such as, mealtimes, bedtime routine and the general routine tasks, which there are many! One of the most common questions I get is, "How do I do parent better?" or "What am I doing wrong?".
Many families I meet are struggling to find time for themselves, even when they have children in care.

If you were to understand the four temperaments and their associated characteristics, then you could decide on how you 'treat' and how you interact with your child based on this. If the child is understood it changes their reality and yours and their experience within the world.
Understanding there are two sides to each temperament, a negative and a positive and that they both need to be expressed to ensure balance and therefore, a healthy child.

What knowledge can we begin to understand about the four temperaments? I will outline one - two examples of traits that are important to understand for each temperament .

Choleric children are naturally intelligent and leaders. Understanding they love to 'lead the way' will assist you in creating an environment where they have opportunities to be in charge and to feel fully in control of their reality.

A sanguine child is naturally easy going and loves to take things slow. This provides the mentor, the parent, an opportunity to speak more slowly and to incorporate more relaxed times during the day.

A phlegmatic child loves established habits, peace and balance. Identifying the ritual habits of your child and supporting these will be important.

Finally the melancholic child is logical, strong and reliable. Providing an environment rich in structure with opportunities to show their strength will ensure they thrive.

CHAPTER 3

APPRECIATE

APPRECIATE

It is easy to shy away from the negative characteristics of each temperament. Some people even find themselves using forceful practices to address this.
Imagine if you could enjoy the positve traits equal to discovering the negative traits.

When we appreciate both sides we find ourselves balanced, which means free of judgement, which leads to a better relationships with our children. One which is based on trust and full acceptance of self.

When we appreciate the qualities within our child then they naturally grow to love and accept themselves as is. I mean, who is more important to us than our parents and other significant adults, especially in these early years where emotional development occurs rapidly.

I invite you to challenge yourself today, find an opportunity to reflect upon your child's temperament, on the characteristics and do the simple exercise on the following page!

1

STEP ONE

Select one characteristic that you see as negative. Write it down!

2

STEP TWO

What are 10 benefits to this negative characteristic?

3

STEP 3

What action will I take to support this characteristic right now?,

CHAPTER 4

APPROACHES

Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning.

-
Denis Waitley

1 EDUCATE

One of the greatest gifts you can give yourself is the gift of education. Commit to educating yourself on the topic of temperaments, in particular, discovering your very own temperament. This will set you up for deepening your relationship with your child. For example, a choleric parent will find it much harder to stay calm compared to a Phlegmatic parent.

2 OBSERVE

Take note of what your child is displaying. Write down on a piece of paper each characteristic you witness. I find it best to document as it's unfolding, that way you don't 'forget'. Also, when it's done in the moment you add authenticity to your observations. From here you can begin to support your child based on which temperament she/he is most like.

3 ACTION

Now you get to take all that you have discovered and apply this to your interactions with your child. You can choose to consider the way you speak (verbal and non verbal), the way you react when your child displays those negative traits and the way that you set up you daily routine to best support you, your child and your developing relationship with them.

CHAPTER 5

ESTABLISHED

ESTABLISHED

Set up your day to win!
Well done and congratulations you made it through the first parts and if you have completed the tasks from chapter three and four, then you are on you way to feeling 'established'. If you haven't then now is the time.

What does established mean to you? Is it a flowing routine? Is it clear communication with your child? Is it seeing a reduction in challenging behaviours?

If we know what we require, if we know what our children require and if we can understand why they do what they do, then we can get to work on establishing a functional routine.

Tips to create a functional routine.

- Assess what you all need to achieve in each day and write these down.
- What rituals do you want to embed in the daily routine. What do you want meal times to look and feel like? What do you want bed time to feel like?
- Look at timings, for example, what time do you need to be up to ensure the routine runs smoothly for the whole family.

If you are seeking a smooth routines then the rituals embedded will need to be followed with consistency.

CREATING LASTING CHANGE

Understanding, appreciating and utilising the approaches outlined in this eBook will assist you in creating the right change within your relationships with your children and others.

playtolearn_elc
jade.l.luci

playtolearn

WWW.PLAYTOLEARNELC.COM