

# Proper Parenting Methods Based on Your Child's Temperament

Temperament refers to the unique characteristics an individual possesses from birth. If raised in an appropriate manner through acceptance and understanding, a child can grow up with high self-esteem and self-efficacy. Temperaments can be broadly categorized into difficult, easygoing, and slow-moving types.

## 1 What is my child's temperament?



gentle temperament

- adapts easily to change
- regular lifestyle habits
- active in new situation
- frequently display positive mood



difficult temperament

- My lifestyle tends to be irregular
- hostile to new situations
- reacts strongly to even small setbacks
- it is clear whether you like it or not



slow temperament

- kind and gentle
- requires a lot of time to adapt
- tend to be passive
- prefer a regular framework

## 2 How should I respond?

### When adapting to a new situation



gentle temperament

They may adapt well to new situations but not express discomfort. Please read your child's mind by asking, "How was your day?" and shower them with affection.

### When throwing a tantrum and being stubborn

- To help your child express their feelings honestly, please empathize with them by acknowledging their emotions, saying things like "You were upset because of...?" or "You fun doing..."

### When making a promise

- Even if their desires are frustrated, they won't be too disappointed, but please set up agreements together to foster their autonomy.



difficult temperament

Since it takes a lot of time to adjust, when trying something new, please acknowledge their actions and encourage them by saying, "Look, (child's name) is doing (this)!" or "The ball rolls well because (child's name) is touching it!"

- First, acknowledge the child's request by saying, "I see you were upset because you wanted to go outside!"
- Then, clearly explain the current situation so the child can recognize it, such as, "It is raining outside right now, so we can't go out," and allow the child to find a solution themselves.

- Rather than deciding everything, leave minor matters to your child's autonomy and discuss important matters with them. Share your plans and talk about them together.
- "Mom(Dad) thinks~ what do you think, (child's name)?"



slow temperament

Please be considerate and allow your child to adapt to their environment at their own pace. Rather than making suggestions, please wait for them to develop interests on their own!

- They won't do anything if you scold them or force them. Please provide motivation offering positive rewards, such as "Let's do this and go to the playground!" and praising them whenever their behavior improves!

- Explain the promise in advance and establish boundaries with your child through the agreement. Instead of saying, "Hurry up!", set a precise deadline.