

Your Child's Personality

了解孩子的個性



WHAT IS TEMPERAMENT?

何謂氣質？

All children are born with their own way of approaching the world – this is called their temperament. This is your child's own personal “style” or character. Temperament describes how your child likes to interact, explore and learn. Temperament varies with development, time and experiences.

所有的孩子天生都擁有自己和這個世界交流的方式 — 這就是他們是氣質，這便是你孩子獨特的個人「風格」或「性格」。氣質決定你孩子怎樣的去交流、探索和學習，也隨著個人的發展、年齡的增長和經驗的積累，而不斷地改變。

你會如何形容你孩子的性格呢？

性格可以從非常激烈到非常溫和，而大部分孩子都是這兩者之間



HOW WOULD YOU DESCRIBE YOUR CHILD?

Each temperament characteristic can range from very intense to very mild with most children falling somewhere in the middle.

How active is your child?

Is your child a “sitter” who likes to explore with their hands and likes to sit and take in the world around him? Or, is your child a “mover and shaker” who prefers to wriggle in their chair, move until they drop and touch anything they can get their hands on.

How emotionally intense is your child?

Are they a “low reactor” who rarely fusses, is more subtle or mellow and tolerates lots of stimulation? Do they respond more mildly – fussing rather than crying or smiling rather than laughing? Or, are they a “high reactor” who responds dramatically and expresses their feelings with great intensity (for example, squealing with delight or showing anger by throwing things, hitting and shouting)? A situation for a “high reactor” is either horrible or great.

你的孩子有多活躍呢？

你的孩子是不是一個「靜坐者」，喜歡一直坐著，並用手探索身邊的事物呢？或者，孩子是不是一個「好動者」，喜歡在椅子上轉來轉去，探索身邊的東西，直到那些東西掉到地下為止。

你孩子的情緒有多強烈呢？

孩子是不是一個「低調反應者」，對身邊的大小事情不為所動，很少有反應呢？他們是否總是溫和地面對身邊的事情並做出反應 — 即使慌亂也不哭，即使笑了也不出聲呢？或者，孩子是一個「高調反應者」，對身邊的大小事情常常反應劇烈（例如：用尖叫、亂扔東西、摔打、大吼大叫來宣洩自己的喜怒哀樂），極端地表達自己的情感的呢？面對某個情況時，「高調反應者」不是覺得很差，就是很好。

How does your child adapt to change?

Do they like to “keep it the same”? Do they need set routines and thrive on order and predictability? Do they need lots of support to be comfortable in new situations? Do they tend to have more temper tantrums as they struggle to adapt to change? For example, a new pair of shoes, a new caregiver, or transitioning to a new activity – going from playtime to lunch may be difficult. Or, do they take things in stride? Are new friends, new foods, and new clothes interesting to them? Do they adapt well anywhere you take them? As a baby, did they nap in noisy restaurants? Do they enjoy looking around at new activities and can they amuse themselves easily? Do they go with the flow and find new routines exciting?

How persistent, frustrated or patient is your child?

Are they “easily frustrated” and do they give up quickly if something doesn't go their way? Do they need your attention immediately, and need to feel success early on when trying a new skill? Or do they respond with crying, throwing things, or just walking away? Or, are they “persistent”, with an incredible ability to focus on a task and stick with it. Do they try things on their own, even when things are difficult? Are they patient and can they tolerate waiting for longer periods? Are they slower to “lose it” when they don't get their way?

How sociable is your child?

Are they “slow to warm up” and need time to feel comfortable with new people? Do they prefer to be with their parents or primary caregivers? Are they happy and content to play on their own and often do not want to go to a new friend's house? Do they enjoy social situations and would not be labelled “shy”? Do they need more time to get used to a social setting and sometimes need to leave earlier? Or, are they a “glad to meet you” child? Did they smile or look others in the eye even as a baby? Do they appear open and at ease with others and readily make and visit new friends? Do they seek out new situations and friends, but often have difficulty playing on their own?

你的孩子如何適應環境的轉變呢?

他們是不是喜歡「保持不變」呢?是否需要固定的日常例程序,並在有秩序及可預見的情況下表現良好呢?當他們身處新的環境時,是否需要大量的支援,才會感覺舒服呢?在他們努力適應環境轉變時,是否會較多發脾氣呢?例如,有一雙新鞋、新的照顧者或過渡至新的活動 – 當他們在玩耍時,可能很難叫他們去吃午餐。或者,他們是否從容面對改變呢?對新朋友、新食物或新衣服,會否感到興趣呢?你帶他們去其他地方,能否好好地適應呢?當孩子還是嬰孩時,能否在嘈吵的餐廳裡睡著呢?當進行新活動時,是否喜歡東張西望呢?能否輕鬆地自娛自樂呢?是否容易適應環境,樂於嘗試新的活動呢?



你的孩子有多執著、沮喪或耐心呢?

他們是否是一個「易沮喪者」,如果某些事情不如其意願,他們是否很快就放棄呢?學習一項新技能時,是否立即需要你的關注,或很早就嘗到成就感呢?是否以哭鬧、亂扔東西或離開來回應呢?或者,是否很「執著」,具有一種難以置信地專注某件事的能力,並堅持下去?能否獨立地嘗試做某些事情呢,即使面對困難,也不放棄?是否有耐性,能夠忍受長時間的等候呢?如果事情不能如願進行,會否較遲才會「放棄它」呢?

你的孩子交際能力如何?

他們是否「慢熱」,需要時間才可從容地面對陌生人呢?他們喜歡和父母一起,還是和照顧者一起呢?是否樂於獨自玩耍,並且大多不願意去新朋友的家玩呢?是否喜歡參與社交場合,並且不會被認為是「害羞」的呢?是否需要更多時間去融入社交場合,甚至需要提早離開呢?或者,是否屬於「很高興見到你」的那類孩子呢?是否笑面迎人,即使仍是嬰孩時期,已會看著別人的眼睛呢?是否看來對人開放、無拘無束,並善於交上或探訪新的朋友呢?是否主動尋找新的環境和朋友,但卻往往難以自己獨自玩耍呢?

WHAT CAN YOU DO?

- Learn to accept and work with your child's temperament rather than trying to change. This will make both your lives easier and more pleasant. If you understand your child's temperament you anticipate what situations will be easy or more difficult for them. Take time to look at the world through your child's eyes
- Understand your own temperament. Your temperament is often different from your child's temperament
- Learn how your child's temperament affects your parenting. For example, some children only need "a look" from a parent to stop an off-limits behaviour, while others will need more help from you to shift their behaviour from one thing to another. You will learn how to encourage your child's strengths and help them work with their challenges

WHO TO ASK FOR HELP:

Sometimes we need help to understand or relate to our child. If you have questions or concerns speak to:

- Your doctor
- A public health nurse at 604-233-3150

你該做什麼呢?

- 學習去接納和適應孩子的性格，而不是去改變它，將使你們的生活更加輕鬆愉快。如果你了解孩子的性格，便能夠預料孩子在哪些情況下會感到輕鬆自在，或在什麼情況下遇上困難。請花點時間，從你孩子的眼中去看這個世界。
- 了解你自己的性格。你的性格往往與你孩子的性格並不相同。
- 學習你孩子的性格如何影響你的育兒方式。例如，一些孩子只需要家長的一個「眼神」，便即停止不應做的行為；但另外有些孩子卻需要家長更多的支持，才可改變他們的行為。你將學習到如何鼓勵孩子發揮自己的長處，幫助他們面對和應付種種的挑戰。

向誰求助:

- 有些時候，我們需要援助以了解子女及與他們相處。如果你有任何問題或擔心之處，請致電：
- 你的醫生
- 公共衛生護士，電話：604-233-3150

✓ TIP / 提示

Understand and respect your child's temperament to foster a stronger parent-child relationship and make parenting easier and more fun for everyone.

理解和尊重孩子的性格，進而培養一種穩固的親子關係，可使你的育兒工作更加輕鬆和愉快。

