



Child Personality Traits Questionnaire

(Lynsey Hookway)

1 Level and extent of motor activity

Placid, Low energy

Highly active and energetic

2 Degree of regularity of functions such as eating elimination and sleep

Regular "clockwork"

All over the place, resists routine

3 Response to new object or person

Curious, keen, accepting

Wary, apprehensive, withdraws

4 Adaptability of behaviour to changes in environment

Highly portable

Likes familiarity, unsettled by change

5 Sensitivity to stimuli

Oblivious

Highly sensitive

6 Intensity, or energy level, of response

Easy going

"Drama Queen"



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7 General mood

Cheerful, friendly

Cries easily, grumpy, hard to get a smile from

8 Distractability

Focuses on the task at hand without being distracted

Highly distractable

9 Attention span and persistence in an activity

Able to concentrate on something longer than peers

Looses interest quickly

Notes:

A child's characteristics are highly relevant to sleep as they can help us to understand their needs and personality better, meaning we can adjust our approach to best meet their needs.

Children that generally fall on the right of the spectrum require more sensitive parenting, and may be what is considered 'high-needs' traits. Frequently parents of these children feel they aren't doing a good job but often this isn't actually the case, it's more that their child demands more of their time and attention to help regulate them. Understanding this can help you to better understand your child. You may also wish to do this again but for yourself or another caregiver to understand interfamilial relationships!

Note: children often change as they grow older and some high-need babies (or orchid babies) are often playful, confident and adventurous when they become a toddler.