

To Know Your Child Is To Understand Him

What Is Your Child's Temperament? Introvert or Extrovert?

Are you puzzled by your child's reactions? Do you wish you could get inside your daughter's skin? Would you like to understand what makes your son tick? A child's temperament affects and influences his or her reaction to life experiences, fears, and family events. Learning about your child's particular temperament can help you understand how the *same* event can produce varying reactions in *different* children.

Have you ever noticed how differently two children can approach a park playground filled with happy, screaming kids? Some children will hang back when they encounter a group of children digging in the sand or playing on the structure, and they will observe cautiously from a distance, usually staying close to their parent's side. Others will run from their parent without a moment's hesitation and fly headlong into the middle of the activity, joining easily in the play, even though the other children are unfamiliar. Moms or dads who stand on the sidelines can be frustrated at these moments. A parent's frustration is often directly related to their *own* temperament, from which they have created certain expectations for their child. Some parents will try to push or prod their hesitant child, especially if he seems slow to enter in. Others may try to restrain their overly-zealous child, out of fear that exuberance will children away. Neither push other children's behavior wrong. It's just getting the child's temperament expressed through his or her behavior.

The things that make kids DIFFERENT are the very things that make them SPECIAL.

- Jan Blaustone

The more you know about your child, the easier it is to be accepting of them. One of the greatest gifts we can give our children is the gift of seeing them for who they really ARE—and not how we *wish* they would be! This means standing back and looking objectively at your child's behavior. This will tell you about your child's preferences. You can shape and mold the "clay"—but first you have to know the kind you're working with!

Taking an objective look at your child can save parents a lot of grief over the years. Rather than pushing and prodding a child to develop interests that are at odds with his or her unique temperament, parents can instead nurture a child's natural inclination towards interests that rise out of their particular gifts and strengths.

Temperament Accounts for “Spirited” Children

What makes kids “spirited”? We now know that children are born with certain characteristics or a *preferred style of responding* to the world around them. We call this *temperament*. Temperament is a child’s characteristic way of acting and reacting to people and events in their lives. I’ve been impressed by a parenting book called *Raising Your Spirited Child* by Mary Sheedy Kurcinka. It’s a guide for dealing with those children who seem to be MORE of everything: more intense, more sensitive, more persistent, more perceptive, and more energetic. She offers some valuable tools we can all learn from. Many of the parents I work with in my daily practice seem to have been gifted with “emotionally intense” or “spirited” children who challenge their parent’s abilities to parent them.

Temperament Is In The Genes

Parents do not determine a child’s temperament. They don’t *make* a child “spirited” or “intense.” Child development researchers now know, without a doubt, that temperament is inborn. That means it is part of our genetic make-up from birth. Temperament is a “wired in” set of preferences that determines how we perceive the world and how we prefer to interact with it. Temperament influences the way we communicate with others, how much time we want to spend with others, our sensitivity to stimuli, the way we make decisions, the way we get our energy, and how we react to others.

A tiger
doesn't
change his
stripes.

Children are born with their temperament, the way they are born with their hair color. However, parents can influence how a child expresses his temperament by their reactions to it. They can “manage” it, the way we manage our hair, and it can appear to look different. Parents who understand their child’s temperament can help him to express himself appropriately. They can learn to adapt their parenting techniques to fit their child’s needs and style so that he can live cooperatively with others and be all that he can be.

If you ask a child
to be other than
who she is...
you encourage
her to build a
**FALSE
SELF**

Can we ever change our temperament? No, not really. We can modify it. We can stretch and grow and learn new skills. We can even learn to put on a “persona” to interact more easily with the world, at times. Sometimes that’s a help; sometimes, it can hurt us.

If children find that they are not accepted for who they are, they can begin to develop a False Self, which they believe will bring them the validation they are looking for. What’s the danger? Over time, a child can gradually abandon more and more of who he or she *really* is (the Real Self). They begin to lose touch with their real needs and desires.

Some people wake up in adulthood and say “I lost my soul.” What they mean is they lost the feeling of being “at home” within. They’ve spent years acting or performing to live up to outer expectations, but they have lost touch with who they really are. That’s when many adults begin the journey of self-growth.

There are many different aspects of Temperament (or “Psychological Type”), but we are going to look at just one category in this newsletter: Introversion and Extraversion. It is fairly easy to see a young child’s preference for Introversion or Extraversion begins to emerge, even at a very early age. I hope you will find some of Mary Kurcinka ideas helpful to understanding and working with your child.

Introvert or Extrovert?

In Psychological Type, Introversion and Extraversion do not describe social skills. They explain how we get our energy. Both Introverts and Extraverts can be very savvy at interacting with people.

More ENERGY
means more effective
coping skills!

The key is what happens afterward. The Introvert will be drained and ready for a nap or a quiet solitary activity, whereas the Extravert will be wound up and ready for more action!

How we Get Our Energy To Cope

Some of us get energy from going *inside* ourselves (Introverts), while others of us get energy from the *outside* world (Extraverts). There is no right or wrong, no “good” or bad” style. Both types have gifts or strengths and both have their down sides.

In our culture, however, Introverts are out-numbered by Extraverts three to one. So it is often harder for Introverts to feel “at home” in their world. Introverts are probably the most often misunderstood, and they are commonly pressured to change, such as being told to “join the group” or “be more social,” by people who love them.

The key is to know *your* child and to understand how he gets his energy. This will help you work with him to help him cope with life. Then you can begin to plan the social activities your Extravert needs and create the quiet retreat times your Introvert needs. Misbehavior will drastically diminish when each temperament type has the energy they need. Remember: “*more energy means more effective coping skills.*”

Now read Mary Kurcinka delightful description of these two types...

Introverts

Introverts get their energy by being alone or with one or two other people.

They prefer to interact with the world on the inside by reflecting on their thoughts and ideas *before* sharing them with others on the outside.

They refresh themselves by spending time alone. If they get enough alone time, they'll play well with other kids and be more cooperative. If they don't get it,

What does an Introverted Child look like?

“Introverts are the babies who become overwhelmed at the family reunions, the toddlers who talk to their grandparents for a while and then “shut down. After a day at school they are worn out by people. They need a break, a chance to energize by being alone. Interaction with people, especially those who are not close friends, depletes their energy supplies. Playing video games and watching television are favorite energizers. It will probably be nine o'clock before Introverts are ready to tell you the highlights of the day. You have to ask questions in order to follow up on the events of yesterday. They share their worries and concerns with you in bits and pieces. You have to listen well or you will miss them.”

What does an Extraverted Child look like?

“Extraverts tend to be the babies who demand to be held up so that they can look around and ‘talk’ to those around them. They are the toddlers who jabber endlessly, even if the words don't make sense. They are the school-age kids who jump off the bus and immediately have to tell you about their day. They need to share their ideas with you while they are fresh in their minds. They follow you around the house demanding your ear, pulling energy from you. You may not even be able to go to the bathroom without them following you to continue the one-sided conversation. If you remind them that you'd like a little privacy, they still seem surprised and step just outside the door, where you can still hear them as they continue sharing their day with you. They're not even breathless after a twenty-minute monologue. Fortunately for you they are probably ready to play with a friend. If a friend isn't available, you may find yourself in a game of crazy eight's or Candy Land as they continue to build their energy off of you. Truly spirited Extraverts can wipe their parents out. The minute they wake up, they have something to say. Brothers and sisters may feel unloved and left out as the spirited ‘motor mouth’ gobbles up Mom's and Dad's attention and time.”

they'll get surly and nasty.

Extraverts

Extraverts draw their energy from others.

They prefer to engage with the world outside of their bodies by talking with people and sharing their ideas and experiences.

If they don't have the opportunity to talk, they get crabby and more

demanding because they are running out of steam. However, if they are allowed to recharge by being with other people, they are fine.

Identify Your Child's Energy Source

Look at the charts below and answer the questions. See if you can figure out, by observing your child's behavior, what his or her preference is. This will tell you what your child's needs are for getting his or her energy replenished.

(NOTE: It's important not to confuse normal development with a preference for Introversion or Extraversion. It is normal for children to cry or protest when held by strangers, especially from 9 months to 2 1/2 years of age. An Extraverted child will probably become calm more quickly than an Introverted child in this situation, but both will cry.)

If your child is an **INTROVERT**, he probably...

- Prefers to watch or listen before joining into an activity.
- Enjoys doing things by himself or with one or two special friends or family members.
- Becomes grouchy if around people too long, especially after school.
- Finds being with strangers more draining than being with family members or one close friend.
- Refuses to discuss the day's events until later, even weeks or days later.
- Has a strong sense of personal space. Does not like people sitting too close or coming into his room.
- Seems to enjoy being sent to his room to sit alone.
- May find it difficult to share what he is feeling.
- May find guests in your home "invasive." May talk a lot with family members but be quieter around outsiders.

_____ TOTAL Introvert Statements

If your child is an **EXTRAVERT**, she probably...

- Is quite gregarious and outgoing.
- Enjoys being around people. She becomes energized by a group, rather than overwhelmed by it.
- Wants to tell you about her experiences and ideas immediately.
- Thinks by talking. She'll probably walk around the house saying: "Where's my ball?" or "I'm looking for my blanket" as she hunts for them. She needs to talk in order to make decisions.
- Talks a lot and easily initiates conversations with other people.
- Hates being sent to her room all alone. Can't imagine why you would want to be alone in a room and always joins you to "cheer you up."
- Let's you know what she's thinking and feeling.
- Needs a lot of approval. You may find yourself doubting the health of her self-esteem as she demands that you tell her what a good job she is doing or how much you like her gift.

_____ TOTAL Extravert Statements

Energy Sources for Introverts

You can help your Introvert by giving him what he needs to get his energy sources replenished each day.

■ Time Alone

It is absolutely essential that Introverts get time alone. Groups are draining for them. In fact, Introverts feel lonely in groups. Introverts become drained as they socialize. Relating in a group forces them to act outside of themselves, which is difficult for them and uses up their emotional resources. Their energy bank gets depleted. If your child comes home from school grumpy and quarrelsome, he may be an Introvert needing time alone to recover.

Introverts need their private time. Adult Introverts withdraw to take care of themselves, but young Introverts may not know how. It is difficult for introverted children to tactfully pull out and play by themselves because of our social pressure to “be part of the group.”

They don't have enough self-awareness to know that because they are feeling out of sorts, they need time alone. All they know is that everyone around them bugs them. Very young children may just start falling apart. Others may suddenly stop playing and say, “Go home. I don't want to play with you any more.” A stronger version may look like: “I hate you! Go home!”

An unrecognized need for time alone is one of the major reasons spirited children have tantrums, fight with siblings, or get nasty. You can help your young Introvert by watching when he gets tired playing with other children and needs to dip into his “preferred” energy account. When he starts to misbehave and disintegrate, you can step in and give him a quick Introvert “fix.” Say to him: “*Matthew, I think you need a break. Come with me for a minute. Let's go in here and you can play with this (toy/activity) by yourself for a little while.*” Taking even a five-minute break from other children can recharge him. Don't hesitate to let your Introvert play for a while alone in his room.

Take the sting out of being different. Explain that we're all “wired” differently. Tell him that some people get energy by being with others and some people get it by being alone. Teach your young Introvert to listen to his body. When he starts to get agitated, say, “*I think your body is telling you that you need some time alone.*” Give him the words to pull away from the group: “*I don't feel like playing any more.*”

■ Physical Space

Introverts “need their space,” so physical space is very important to them. They are drained when they don't have the physical space they need, and they can become downright snarly and nasty when their physical space is invaded. This is especially true if their energy has been depleted by having to share their space with others for a long period of time (as in school). This can sometimes be difficult for Extraverts to understand, because they love the contact. Sharing space takes energy for the Introvert, especially spirited Introverts.

When they become tired, it is even more difficult for them to cope. An Introverted child with few words will only be able to say “*I hit him because he shouldn't be sitting next to me.*” What he is trying to communicate is that he was feeling encroached upon. A two-year old who screams because you took off her sweater may also be reacting because you invaded her physical space.

You can help by teaching your Introvert to learn that he needs space. Teach him to say “*Please move over*” or “*Stand back. I need more room.*” Help him to understand that he gets exhausted by being too close to people. Support your Introvert in defining his own space, whether it be identifying his own chair or laying a rope across the couch to mark his “side.” Honor the Introverted child who needs to keep everyone out of his room with a “*Keep Out*” sign. Help him to understand this is his need for physical space “to fill up his energy bank.” Encourage your Introvert to take some quiet alone time

Introverts Need...

- Time Alone
- Physical Space
- Time for Reflection
- Uninterrupted Work Time

An unrecognized need for time alone is one of the major reasons spirited children have tantrums and fall apart.

Extraverts have a hard time understanding an Introvert's need for space because they are energized by contact!

when you see him begin to go over the edge. Playing in a separate room, watching a video, or some quiet reading time can be re-energizing for an Introvert. However, this need for space can be *very* hard for extraverted parents and siblings to understand. Teach the Extraverts in your introverted child's life to understand that sitting too close, standing too near, or walking into their room unannounced will drive an Introvert nuts!!

■ Time for Reflection

Introverts are the exact opposite of Extraverts in that they like to think about problems and *then* talk about them. If you expect an immediate response from Introverts, or quick answer, you will often be disappointed and they will be frustrated. By demanding an "in the moment" response, you are robbing the Introvert of energy. Besides, they simply can't do it! An Introvert isn't ready to share his thoughts and feelings until he has had a chance to go away and reflect. Extraverts are often frustrated by this need, and they can misinterpret an Introvert's backing off as a rejection. Not wanting to talk "right now" is an Introvert's way of trying to get the "thinking space" he needs in order to get clear on an

Introverts need
"thinking space" before
they are ready to talk.

issue. It is literally painful for Introverts to try to put their thoughts and feelings into words immediately. The more you try to push them, the more energy they burn trying to escape. Once they have time to think, they really *will* be ready to talk!

You can help by giving your Introvert time to pause and reflect before expecting an answer. Don't expect him to tell you about his day at school the minute he comes home. Give him time!! Change your thinking. He's not being stubborn and withholding, he just needs space to find the answers you need. Say, "*I really want to hear about your special activity at school today. Let me know when you're ready to talk.*" Or, give him a specific time you'll touch in later: "*Let's talk at bedtime*" (or after dinner/at baby's nap time, etc.). If you find the patience to wait a little longer, you will be rewarded by your Introvert "coming out of his cave" and sharing with you.

■ Uninterrupted Work Time

Interruptions rob energy from Introverts. Introverts need to conserve their energy supplies. How do they guard their energy? They don't talk to you when they are involved in doing something. And they most probably do not come running to the door to greet you if they are "recharging" in front of the television or reading or playing alone. An Introvert who is busy making a Lego castle will be annoyed if you come in and try to engage him in long conversation or if you try to pull him away. He is refueling through his quiet alone time.

To bring out the sunny side of your Introvert, make sure he has plenty of uninterrupted work time. Protect him from intrusions by others, especially other siblings. Allow it to be okay for him to work alone in the living room on his project. If you want to teach him manners, then teach him to say hello (to be socially respectful), but allow him to finish his task. One of the best ways to help your Introvert is to change your *own* expectations of him. Let go of thinking that he "should" want to talk to you now. Tell yourself that he isn't irritated at you because you're unimportant, but rather because engaging with you at the moment will drain his energy supply.

Energy Sources for Extraverts

You can help your young Extravert by giving her what she needs to get her energy sources replenished every day:

■ Time With People

Extraverts need people. It's not just a question of liking them. As Kurcinka

says, "*Extraverts collect their energy on the outside.*" They *must* have people-contact.

Allowing them to talk about their day, to share their experiences, and to vent their feelings gives them new energy. Your

Extraverted child will talk her way through school, outside activities, church, family gatherings, movies, television shows, reading stories, and snuggle times. She will want to talk about the action as it

Extraverts Need...

- Time with People
- Feedback
- People To Help Them Think

Your Extravert isn't needy...
She just needs plenty of "people time"!

occurs, not wait until later! She's not just blabbing. She is energizing herself by interacting with others.

You can help by allowing your child many sources of interaction with others. Spirited Extraverts are the happiest when they can be with others. They are also the best mannered at this time.

Give her
LOTS and LOTS
of feedback.

■ Feedback

Extraverts need lots and lots of feedback. Sometimes it may seem as if they can never get enough. They love feedback and they need plenty of affirmation. Give them a few words of positive reinforcement and they are recharged and ready to go. Introverts, on the other hand, often wonder why Extraverts “need so much.” But be cautious about labeling your child as “nagging” or “needy.” Don't immediately assume she has poor self-esteem. If she's an Extravert, she isn't showing pathology when she frequently asks for your reassurance or response. She is simply requiring feedback in order to refuel her energy bank. This is what she must have to meet the needs of her unique temperament.

Intense, high-spirited Extraverts will need even more feedback to recharge. This can be exhausting for parents at times. To help spread the job around, teach your child to ask for attention and feedback from her other parent, grandparents, friends, teachers, and neighbors, in addition to you. Be aware that you need to protect your *own* energy account, so that you don't get “over drawn.” If you are an Introvert, this will be essential to your survival as a parent!

■ People To Help Them Think

The key to understanding Extraverts is to remember this: they “think by talking.” They absolutely must have someone to talk with in order to reduce their stress. They have to process their thoughts out loud with someone listening on the other end. They simply cannot do this alone. To solve a problem,

Extraverts
THINK
by
TALKING!
■
They can't solve
problems without
talking it out!

Extraverts must talk it through! They need to hear themselves think out loud. Many times they don't even need a response from you. They just need a listener, so that they can work it out, outside of themselves.

Help your extraverted child by giving her lots of opportunities to tell you about her thoughts and worries. Give an ear to all those ideas she wants to share with you. Something important is happening in this process for your Extravert. She's sorting through and solving problems while she's doing her talking with you. As Kurcinka says, “*She isn't just chattering, she is thinking.*”

Spirited Extraverts can run into problems because of their need to “think by talking.” At school, it can be difficult for them to wait their turn. They may have difficulties in social situations because they don't “think before they speak” and they can sometimes hurt people's feelings. Keep in mind that a spirited Extravert simply hears a question and responds immediately. She is not trying to be rude or hurtful; her thoughts simply just spill out into words! You can help by “naming” this temperament difference for your Extravert, so that she can begin to understand herself and lessen the possibility of shame. Work on helping her learn to wait to speak in certain situations, but applaud her good ideas. Find opportunities for her to be in lots of small group settings (in school, social activities, etc.) that allow her plenty of opportunity for verbal interaction.

Know Yourself: Are You An Introvert or An Extravert?

What is your own preference? Where does your energy come from? How do you refuel yourself? Alone? Or with others? Your temperament type will influence the way you understand and deal with your child.

Your
temperament will
influence how
you relate to
your child and
what frustrates
you most.

If you are an Extravert with an Introverted child, you may be inclined to think that something is wrong with him if he pulls into himself in silence, refusing to talk about his day. You may find yourself pushing and pulling at him to tell you things. It will be a challenge to trust his timing, and to wait for him to come back and talk with you after he has recharged his energy by having some alone time. Too, you

may be inclined to pressure him to become involved in lots of group activities, which he may resist or object to or even fall apart after attending.

If you are an Introvert with an Extraverted child, you may become drained by your child's need to relate with you all the time and by her constant need for feedback. You may need to work on understanding her need to "process out loud" and resist the urge to judge her as "too needy." You may want to look for ways to meet her relating needs through social activities you might not naturally be inclined towards yourself. You will need to find ways to take your own breaks to refuel yourself.

Identify Your Own Energy Source

Check the statements you agree with in each group. You may agree with both, but look closely and think carefully. Adults are capable of using both preferences, but which is your first choice? Which feels the most comfortable to you? It's important to find your true energy source.

If you are an Introvert, you probably:

If you are an Extravert, you probably:

<p>_____ Sit down with the newspaper or zone out in someone at the end of a front of the television at the end of the day.</p> <p>_____ Will do anything, even clean the toilet, if immediate answer for a question. someone will agree to call the sitter. on Friday night.</p> <p>_____ Can't imagine wanting to invite friends over repeating something already on Friday night.</p> <p>_____ Find being in a large group for an extended hear that others love you and period of time exhausting.</p> <p>_____ Share personal information only with those who friends to dinner and realize are very close to you. (It may not be unusual for a long-term friend to say "I never knew that about you.")</p> <p>_____ Think before answering questions and often berate of her room and call a few friends to play. yourself for not sharing an answer you know.</p> <p>_____ Frequently have Extraverts ask you the same solution with someone else. question twice because they interrupt your pause.</p> <p>_____ Prefer dinner with the family or one special revealing personal things friend, rather than the whole neighborhood.</p> <p>_____ Find yourself hiding in the kitchen, bathroom, or bedroom at large family gatherings. not listening.</p> <p>_____ Solve a problem by thinking it through yourself interact with other people before ever talking about it with anyone else.</p> <p>_____ Get tired of telling Extraverts what a wonderful much time alone or with only young children. job they're doing and how much you love and with appreciate them.</p> <p>TOTAL _____ Introvert Statements</p>	<p>_____ Want to talk with _____ Have an Want to invite friends over _____ Are comfortable _____ Need and like to and like your work. _____ Start to invite a few you've invited the whole neighborhood. Call for the sitter. _____ Find yourself telling your introverted child out</p> <p>_____ Solve a problem by talking through the _____ Feel comfortable initiating a conversation. _____ Are comfortable about yourself. _____ Frequently leave a party chastising yourself for talking too much and _____ Enjoy and need to and feel exhausted when you have spent to _____ Immediately share a new idea or experience someone and find joy and energy in the</p> <p>TOTAL _____ Extravert Statements</p>
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Count how many statements you agreed with in each group. If you checked more Extravert statements, your energy comes from outside sources. If you checked more Introvert statements, your energy comes from inside sources.

I am an Introvert Extravert
My spouse/partner is an Introvert Extravert

Appreciate the Differences

Both Introverts and Extraverts have their “gifts.” Sometimes, it’s hard to see the strengths in our “opposites,” but we need both styles to balance the world. Interestingly, opposite styles tend to be attracted to each other as couples, but that leads to challenges as we relate. First we need to appreciate who we are and understand how we seek to replenish our energy. Then we can work to respect and appreciate the style of others, giving them permission to recharge their energy in their own way.

“Gifts” of the Introvert

- Introverts are able to have deep, long-lasting relationships.
- We have a good time when we are by ourselves.
- We think before we speak.
- We don’t rush into decisions.
- We learn more because we listen.
- To quote Mary Poppins, “We’re practically perfect in every way.”
- We’re masters of the delayed minimal response.
- We can make decisions without consulting others.

“Gifts” of the Extravert

- Extraverts are good at keeping conversation going.
- We have a lot of energy.
- We are impulsive and fun.
- We can make quick decisions.
- Others know our opinions.
- We’re easy to talk to.
- We express our feelings.
- We have lots of friends.
- We’re convincing.
- Without us, the world would be a dull place and nothing would get done.

Useful Skills to Help You & Your Child

• Hints for Introverts

Tell Your Introverted Child:

- “You think before you talk.”
- “You enjoy spending time by yourself.”
- “You need time alone to recharge.”
- “You form deep and lasting relationships.”

Teaching and Socializing Tips:

- Make sure your Introverted child has an opportunity to

If You Are An Introverted Parent...

- Recognize your need for time alone in order to refuel.
- Let others know you need time to think before you can respond.
- Appreciate your observation skills.

pull out of the action and refuel by being alone.

- Help your child to understand that he needs space and can ask for it without pushing others away.
- Allow your Introverted child time to think before you expect response.
- Avoid interrupting him when he is working.

• Hints for Extraverts

Tell Your Extraverted Child:

- “You’re outgoing.”
- “You share your thoughts and feelings easily.”
- “You enjoy being with people.”
- “You make others feel comfortable.”

Teaching and Socializing Tips:

- Your Extraverted child needs other people to help her recharge.
- Provide her with lots of feedback.
- Spend time talking with her to help her think through problems.
- Understand that her need for people and feedback is not a reflection of low self-esteem.

If You Are An Extraverted Parent...

- Avoid isolating yourself at home with small children. Plan outings with other parents and children.
- Recognize that you need time with other adults in order to refuel.
- Take time to talk through problems and issues with others before making a decision.
- Let others know you need feedback. You aren’t nagging.

Remember...

Introverts...

- Enjoy individual or small group activities.
- Are energized by ideas.
- Think before they act.
- Carefully form ideas before talking about them.
- Usually wait for others to make the first move.
- Like to observe things before trying them.
- May not share their thoughts and feelings with others.
- Need time for privacy.
- Dislike interruptions.
- Pause before answering questions and have a longer “wait time” between questions and answers than Extraverts.
- Can ignore distractions.
- May seem reserved and quiet.

Extraverts...

- Like variety and action.
- Learn better if given opportunities to talk about the information they are learning.
- Demonstrate energy and enthusiasm for activities.
- Are stimulated by and respond well to activities in the environment.
- May act before they think.
- Are usually talkative, friendly, and easy to get to know.
- Become energized when they interact with others.
- May say things before thinking them
- Have a shorter “wait time” between and answers than Introverts.
- May be easily distracted.

Sources and Further Reading

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Temperament Tools: Working With Your Child's Inborn Traits by Helen Neville and Diane Johnson. Parenting Press, 1998.
Type Talk by Otto Kroger and Janet Thiesen. Bantam Doubleday, 1989.
People Patterns: A Modern Guide to the Four Temperament Types by Stephen Montgomery, Ph.D. Archer Publications, 2002.

Visit these Web sites for more information on Temperament Typology

www.keirsev.com (introductory test and information) www.humanmetrics.com (free Jungian typology test based on Myers-Briggs typology)

Mark Your Calendar! Don't Forget Our Next Parent Workshop On This Topic....

Understanding Your Child's Temperament Type

Wednesday, March 10, 2004 · 7-8:30 p.m.

Church Hall · Child Care Available



Remember to call 251-8633 to reserve a child care space. Child care is \$7.50 per child.

This introductory workshop will explore how personality develops in children and will look at ways parents and teachers can use the knowledge of temperament type theory to enhance their relationships with their children. Understanding this can make your relationship with your child work much more smoothly. The workshop will be given by Jerry Drino, D.D., Jungian therapist and trainer in the applications of personality types called the Myers-Briggs Type Indicator. (If you have taken the Myers-Briggs Type Indicator, bring your type along, too.) This is a fun workshop!!

Visit these sites for more information on Temperament Typology

See: www.keirsev.com (introductory test and information) www.humanmetrics.com (free Jungian typology test based on Myers-Briggs typology)