



# PARENTING TEMPERAMENT INVENTORY

## PARENTING TEMPERAMENT STYLE INVENTORY

### Introduction

Most people think that we parent our children in the same way our parents raised us. However, that is not true. Our temperament or temperament blends influence how we see and respond to a child's behaviors. Temperament can influence how we bond with our child and respond to our children. Believe it or not, our parenting temperament style influences which discipline strategies we use.

### Common Terms & Definitions:

Core Temperament refers to your inherited patterns or traits that manifest as strengths, behaviors, values, and psychological essentials.

### Characteristics

- The basic inner force that motivate you forward.
- Temperament does not change throughout your lifetime.
- Traits that remain stable include core needs, fears, values, and relational preferences
- Temperament traits can be modified through adaptation over time. (Example: Helping a shy child be more accepting of new situations.)
- Your temperament influences your relationship compatibility, career choices, parenting style, leadership capacity, and relational skills.

Adaptation refers to the action or process of adjusting. Usually the purpose is to adjust to the environment, like helping a child prepare for day care or becoming familiar with starting a new school by visiting the school.

Adaptability refers to how well a parent or child deal with transitions and is usually measured on a scale of one to five.

### ***Adapts quickly..1...2...3...4...5...Adapts Slowly***

Subtle cues indicate your child's level of adaptability. Adaptability is a global trait, common to all parents and children, that encompasses others such as approach/withdrawal and persistence.

## Objective of the Inventory

The purpose here is for you to know your true self, to grasp who you really are in your most natural approach to parenting. Your effectiveness in parenting is based in your awareness of what your temperament is and also knowing your child’s temperament, and how to achieve the best fit.

### Instructions

The example questions from the Inventory demonstrate how to take the inventory.

Each of the 14 questions has 4 answers. You will prioritize the answers and place either 4, 3, 2, or 1 in the box next to trait according to this criteria. The higher number is most like you and the lowest number is least like you.

4= MOST like me

3 = Often like me

2 = LESS OFTEN like me

1 = LEAST like me

Read the question on the left and put the appropriate number in the box to the right of the trait. Answer the question based on how you feel is most like you. If you get stuck, if you stop to think, move to the next row and return to it later.

<b>What do you value most?</b>	Freedom	4	Harmony	1	Intelligence	2	Competition	3
<b>What is your leadership style?</b>	Trouble Shooter	2	Inspirational	4	Strategic	1	Stabilizing	3
<b>Total</b>		6		5		3		6

Questions	Green	#	Blue	#	Gold	#	Red	#
If you were grooming tomorrow's leaders, in children you would cultivate...	A creative, innovative thinker		An inspiring leader		A precise problem solver		A traditional leader who upholds traditional standards	
I believe qualities that would make my child successful in life are...	Inventive and resourceful skill		Emotional intelligence skills		Problem solving skills		Goal setting & achievement skills	
Would you describe your parenting as...	More imaginative		More practical		More reasonable		More traditional	
Do you take more pride in your child being...	Playful & fun-loving		Caring & kind		Intelligent & curious		Obedient & respectful	
Prioritize the activities you most prefer to share with your child?	Drawing, coloring, painting, or acting out stories		Being together and sharing conversation		Solving riddles, creating projects together		Playing soccer or challenging sports.	
Which of these best describes your life journey?	An adventure to explore and being creative		A journey of caring and valuing relationships		A journey of providing logical solutions to world problems		A journey of achieving and having stability	
For my child to use his or her best skill- set, I encourage ...	Pushing boundaries to explore		Having empathy to care		Studying to solve problems		Being persistent to accomplish goals.	
What I model most for my child's success is ...	Being true to one's self		Supporting other people		Brining reason in situations		To have a plan and go for it.	
Children thrive on...	Freedom to explore		Healthy self-esteem		Instructions and logic		Expectations and rules	
What word best describes your parenting...	Permissive		Supportive		Level-headed		Protective	
On a weekend day, would you rather...	Be spontaneous and have family fun.		Go with the flow of everyone's plans.		Spend time on your tasks that you enjoy.		Plan the day as a family and stick to it.	
It is more important for you to...	To let children fully experience life without a lot of rules		To help children develop a healthy self image		To help children refine their intelligence		To help children develop and refine their intelligence	
When you get stressed out, your usual response is ...	Escape for a break		Withdraw and re-energize		Worry and seek answers		Get active to release pent-up energy	

## Scoring Instructions

1. Total the numbers in the green column, and place it in the appropriate box below.
2. Total the numbers in the blue column, and place it in the appropriate box below.
3. Total the numbers in the gold column, and place it in the appropriate box below.
4. Total the numbers in the red column, and place it in the appropriate box below.

Column 1-Green	Column Total	Column 2-Blue	Column Total	Column 3-Gold	Column 4-Red	Column Total
Creative Influencer		Adaptive Supporter		Observant Thinker		Persistent Achiever

Each of us is a blend of all four temperaments, but we usually have a Primary and a Secondary Temperament.

Your highest number is your Primary Temperament, and your second highest would be your Secondary Temperament.

It is not uncommon for an individual to have a primary and then two that are relatively close together. In rare cases, you might find yourself fairly equal in all four temperaments. There is no right or wrong answer – you are a perfectly unique blend of each of the temperaments.



#### 4 CORE PARENT TEMPERAMENT STYLE SUMMARIES

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##### **Adaptive Supporter** \_\_\_\_\_

Your parent temperament style is nurturing and heart-focused. Your priority is emotional bonding and connection with children. You insure that your child's self-esteem is healthy. Your top parenting skills are appreciating and listening. You advocate for children and adapt well to each child's temperament. Your empathy offers comfort. You approach parenting with a practical, logical approach coupled with an intuitive knowing about your children.

##### **Creative Influencer** \_\_\_\_\_

Your parent temperament style is permissive in allowing children to explore environments and learn the rules as they go along. Your priority for children is that they be true to themselves and find their way through experiences and consequences. You are an easy-going parent, who encourages kids to play, have fun, push boundaries, be creative, and explore interests. You exemplify caring about people, and you share and encourage those values in children.

##### **Observant Thinker** \_\_\_\_\_

Your parent temperament style is pragmatic and cognitive. You allow for logical consequences for a child's explorations and actions. Because you are not controlling, you expect children to be responsible for themselves. You encourage children to be strong individuals in their expression and choices of activities. Your priorities for children are self-reliance and independence. Even as the cognitive voice of reason, you are a very affectionate parent, who fosters calmness in children.

##### **Persistent Achiever** \_\_\_\_\_

Your parenting style is high in expectations of children. You are strict in guiding children through accepting and achieving responsibility. Your parenting priority is that they do well and achieve wealth and success to be a contributing member of society. You are a hands-on parent and cherish your children. You value family traditions, as well as family togetherness and stability. You prefer that your children have good memories of you.