



Planning for Individual Infants and Toddlers in Group Care

Reflective Exercise: Your Temperament and Creating a Goodness of Fit

Reflect on the following questions and respond to each one either on your own or with a partner. Consider how your temperament might affect the infants and toddlers in your care.

- ◆ If you have a high activity level, how might that influence your relationship with a child with a similarly high activity level? What about a child who has a lower activity level?

- ◆ If you do not mind loud noises or crowded environments, what might you need to think about when working with a child who reacts intensely to loud noises or is easily overstimulated?

- ◆ If you are a spontaneous person who enjoys new and surprising experiences, how might that influence a child who thrives in a carefully planned and predictable environment?

- ◆ If you see yourself as someone who is outgoing and loves meeting new people, how might that influence your work with a child who is more cautious, preferring to observe for a while in new situations?

- ◆ What did you learn from this reflection? What small changes can you make in your interactions with children? How might you share some of these insights with other infant and toddler care teachers?



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