



## HSU Course Outline

# Temperament: Understanding Behavioral Styles

ED110v.1

2 Days

## Description

This in-depth two day course will help you understand the basic of temperament. You will use knowledge from this course to help address children's behavior challenges and improve classroom interactions. The course will be a guide for understanding and working with children's individual temperaments. You will first review how temperament traits combine to affect behavior. Then you will look at age-specific behavior patterns and temperaments in infants, toddler and preschoolers. Lastly you will examine environmental factors that influence behavior in five settings.

## Prerequisites

- none

## Who Should Take This Course?

This course is designed for all education staff. It is most beneficial to Head Start teachers, teacher aides, parents, volunteers and education managers. This course will benefit all staff members who must deal with Head Start children in a classroom setting.

## Objectives

- ✓ Learn to address specific behavior challenges
- ✓ Learn to adapt the environment and adjust learning task
- ✓ Learn to create goodness of fit between teachers and children
- ✓ Learn to nurture children's self-esteem
- ✓ Learn to encourage children to learn self management skills
- ✓ Learn to work with parents to help teachers understand children and address challenges
- ✓ Learn to help children develop peer relationships

## Outline

### Understanding temperament

- Concept of temperament
- Goodness of fit
- Temperament profile

### Childhood Temperament

- Infants
- Toddlers
- Preschool

### Using temperaments

- Working with Parents
- Child care setting
- Health care setting
- Mental health setting
- Seeking outside help
- Stabilizing – Future Direction