

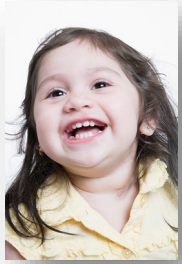
Growing Healthy Families

Module 7: Temperament, Nutrition and Activity

Session Objectives

- **Recognize temperament traits in parents and children.**
- **Develop strategies for providing and encouraging activity and healthy foods while keeping temperaments in mind.**

What Kind of Child Were You?



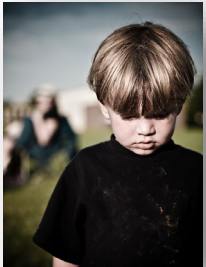
Compliant

Adjusts to routines, generally cheerful and adapts easily to new experiences



Challenging behaviors

Irregular in daily routines, slow to accept new experiences, can react negatively and intensely

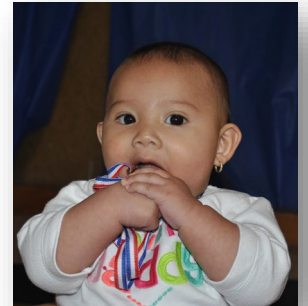


Slow-to-warm up

Inactive, mild, low-key reactions to things around them, negative in mood and adjusts slowly to new experiences

What is Temperament?

- How a person usually acts
- Is made up of several different traits
- Is neither good nor bad
- Has nothing to do with temper

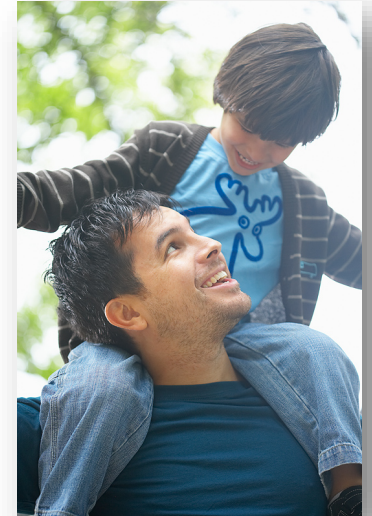


(From "Who Is My Child?" KERA)

Why is Temperament Important to Physical Activity and Nutrition?

- **Children with active temperaments**
 - **Are leaner and less likely to become obese**
- **Parent-child conflict due to temperament**
 - **Can increase emotional eating and lead to weight gain**
- **Children who are less active and less persistent at tasks**
 - **Find it harder to maintain adequate physical activity**

Goodness of Fit



When people in a child's

- Family
- Home
- Other places he often stays
- Understand his temperament and appreciate it
= **Good Fit**
- Do not support or understand his temperament
= **Bad Fit**
- If children have bad fit with parents or environment
= More weight gain and danger of obesity

Temperament and Food

- Fussy, more challenging infants:
 - Gain more weight faster than easy babies.
 - Tend toward becoming overweight.
- Infants who are fussy often are soothed by sweet things, which can lead to emotional eating.
- Challenging temperaments often soothe themselves with food.
- Parents with more challenging temperaments often use food to soothe children.
- Parents who are more positive develop better strategies to help their children with food issues.

Summary

- **We explored temperament traits in parents and children.**
- **We developed strategies for providing and encouraging activity and healthy foods while keeping temperaments in mind.**

