



PLOTTING THE 9 PERSONAITY TRAITS

ACTIVITY LEVEL – how physically active your child is

<p>Low</p> <ul style="list-style-type: none"> - Enjoy lower energy activities like boardgames, reading, construction 	<p>High</p> <ul style="list-style-type: none"> - Lots of opportunity to move/run - Breaks in long drives etc.
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BIOLOGICAL RHYTHMS – regularity of internal drives/mechanisms

<p>Irregular</p> <ul style="list-style-type: none"> - Try and be flexible with schedule - Unscheduled grazing, napping 	<p>Regular</p> <ul style="list-style-type: none"> - Try and establish and stick to a daily pattern/schedule
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SENSITIVITY – how sensitive your child is to their internal and external environment

<p>Low</p> <ul style="list-style-type: none"> - Tune in to needs if not on show <p>Teach self and other awareness</p>	<p>High</p> <ul style="list-style-type: none"> - Look for solutions to sensitivities - Give extra time (eating, dressing) - Give extra space to decompress
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INTENSITY OF REACTION – how your child reacts to situations

<p>Less</p> <ul style="list-style-type: none"> - Watch carefully, pick up on cues that may not be visible emotions - Ask often about feelings 	<p>More</p> <ul style="list-style-type: none"> - Remember they're not being OTT or dramatic on purpose - Teach calming down skills
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ADAPTABILITY – how your child adjusts to change and new situations

<p>Low</p> <ul style="list-style-type: none"> - Give time warnings - Make routines visible 	<p>High</p> <ul style="list-style-type: none"> - Enjoy!
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APPROACH/WITHDRAWAL – how your child engages with new situations

Withdraw <ul style="list-style-type: none">- Extra time and support when new- Teach skills to up confidence	Approach <ul style="list-style-type: none">- Strengthen skill through providing opportunities to meet/explore new
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PERSISTENCE – how long your child is able and willing to stick at it

Low <ul style="list-style-type: none">- Teach calming down and mindset skills to overcome overwhelm	High <ul style="list-style-type: none">- Reassure that effort will = outcome
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DISTRACTIBILITY – how easily distracted your child is by their environment

Low <ul style="list-style-type: none">- Remind about other commitments (difficult to shift)	High <ul style="list-style-type: none">- Give support to stay on task- Reduce distractions (TV)
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MOOD – overall tone of feelings, interactions and behaviour. Sometimes referred to as disposition.

Negative <ul style="list-style-type: none">- Adjust own expectations for outward displays of happiness- Plan for down time	Positive <ul style="list-style-type: none">- Enjoy!
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