

A QUICK GUIDE FOR PARENTS

4 temperaments

Notice familiar traits. Find support that fits.

1 Choleric

Energy and big feelings

What you might notice

May get excited quickly and feel frustrated when things go wrong.

What helps

Movement, short requests, and calm limits.

"You feel angry. I'm here."

2 Sanguine

Connection and curiosity

What you might notice

May make friends easily and move quickly to something new.

What helps

Short tasks, playful practice, and gentle reminders.

"Let's finish this step."

3 Phlegmatic

Calm and a steady pace

What you might notice

May enjoy familiar routines and need time for changes.

What helps

Time to respond and a warning before the next step.

"We'll be getting ready soon."

4 Melancholic

Sensitivity and awareness

What you might notice

May watch first and feel new experiences deeply.

What helps

A gentle voice and time to get comfortable, without pressure.

"You can watch first."

A child may show a mix of different traits.

The four temperaments are a traditional, simplified model. This is not a modern psychological test or a diagnosis.