

I thought all babies were the same. But my baby is NOTHING like my sister's. Her baby is quiet and cuddly. Mine is noisy and pulls away when I try to cuddle. Is something wrong with my baby?

Baby temperament

Every baby is born with his own temperament. Temperament is what makes one baby quiet and another baby noisy. It's what makes one baby calm and another baby fussy. It's what makes one baby cuddly and another squirmy.

These differences are what make every baby his own special person.

A baby's temperament affects how he sees the world and how the world reacts to him. For example, most of us can't help smiling when we see a smiling baby. It takes more effort to smile at a baby who isn't smiling at you.

A baby develops his personality by interacting with the world around him. How you respond to your baby's temperament will have a big effect on the kind of person he becomes.

Babies with the same temperament can develop different personalities depending on how parents and others respond to them.

It's up to you to understand and respond to your baby's temperament in ways that will help him feel safe and loved. Your baby can't change who he is. But you can change what you expect from him and how you respond.

When you understand your baby's temperament, you can find ways to work with it. For example, if

your baby gets upset when lots of new people fuss over him, you can keep visits short. Or you can take your baby to a quieter room to calm down when he starts to get fussy.

Getting to know how to respond to your baby's temperament can take time and practice. It may take a while for you to figure out what your baby needs to feel safe and happy. All parents learn by trying things until they find something that works. Keep trying.

As you respond to your baby, you are developing a bond of love and trust. When you accept your baby's temperament and respond to him with loving care, your baby will learn to feel good about himself. And you'll feel good too!



Loving Care



Birth to 6 Months

2010



Health Promotion
and Protection

Public Health Services

www.gov.ns.ca/HPP

Aussi disponible en français