

**During recent decades researchers have shown the importance of temperament, the biological underpinnings of personality that are usually evident from a very young age. Parents must recognize their child's temperament and adjust their parenting accordingly.**

***Dr. Kalikow's 10 Commandments of Temperament***

1. Accept your child's temperament for what it is, not what you want it to be.
2. Try to modify your child's behavior, not change his or her temperament.
3. Ask how your child's behavior reflects his or her temperament.
4. Modify your own behavior to fit your child's temperament.
5. Address your child's behavior, not his or her motivation.
6. Adapt your demands to fit your child's temperament.
7. Don't rush the rigid. Avoid tug-of-war with the pit bull.
8. Allow your slow-to-warm child to adapt...slowly.
9. Give your high activity child room and time to be active.
10. Every temperament has a silver lining. Find it.