IT3 Infant Interactive Tool

The Infant Toddler Temperament Tool (IT^3) was developed for the Center for Early Childhood Mental Health Consultation, an Innovation and Support Project funded by the Office of Head Start.

Directions for completing the IT^3 (Infant Toddler Temperament Tool) for you and your infant:

Please rate yourself and your infant on the following nine traits. Check the box for each trait that comes closest to describing each of your regular behaviors. Remember, you can use the chart of Temperament Traits </mental-health/article/temperament-traits-chart> for definitions of each trait.

While individuals' temperaments fall along a continuum, choose the typical behavior that describes how you and your infant regularly behave.

There are no "good" or "bad" temperamental traits. Every infant is born with unique personalities that make them special.

The IT^3 (Infant Toddler Temperament Tool) takes approximately five to 10 minutes to complete.

Read the following statement as you rate each trait for you and your infant. More often than not, you and your infant behave in a way that can be described as:

Dimensions (hover over terms below for a definition)	Typical Behavior Indicator	I am ...	Your infant is ...
1. Activity Level	Highly Active	○	○
	Less Active	○	○
2. Distractibility	Easily Distracted	○	○
	Less Distracted (More Focused)	○	○
3. Intensity	Intense Personality	○	○
	Relaxed Personality	○	○
4. Regularity	Highly Regular	○	○

	More Spontaneous (Irregular)	○	○
5. Sensitivity	Highly Sensitive	○	○
	Less Sensitive	○	○
6. Approachability	Highly Approachable	○	○
	Less Approachable	○	○
7. Adaptability	Highly Adaptable	○	○
	Less Adaptable	○	○
8. Persistence	Highly Persistent	○	○
	Less Persistent	○	○
9. Mood	Positive Mood	○	○
	Serious Mood	○	○

Get Your Results

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