



Working with a Spirited Child

A Spirited Child...

Likes to **perform**

Is **intelligent**

Is **demanding**

Needs **less sleep**

Has a **high energy** level

Is **extra sensitive** & easily over-stimulated

Finds it **difficult to adapt** or change

Is emotionally **intense**

Dealing Effectively With a Spirited Child...

Provide daily quality time. By spending special time with your spirited child, this establishes a trust that you will always be there.

Keep him or her informed. When you explain to a child what he or she should expect, it defuses the child's anxiety.

Be consistent. High-spirited children need rules, so once you set them, stick to them.

Anticipate. If a high-spirited child acts up in certain circumstances, make other arrangements.

Offer praise. Positive reinforcement encourages good behavior.

Let the child help when possible. It may take a few extra minutes or become a little messy, but will save you from tantrums and battles.

Avoid labels. Be careful how you describe the child – instead of “Tommy is so stubborn and mischievous,” try “Tommy is so confident and energetic.”

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