



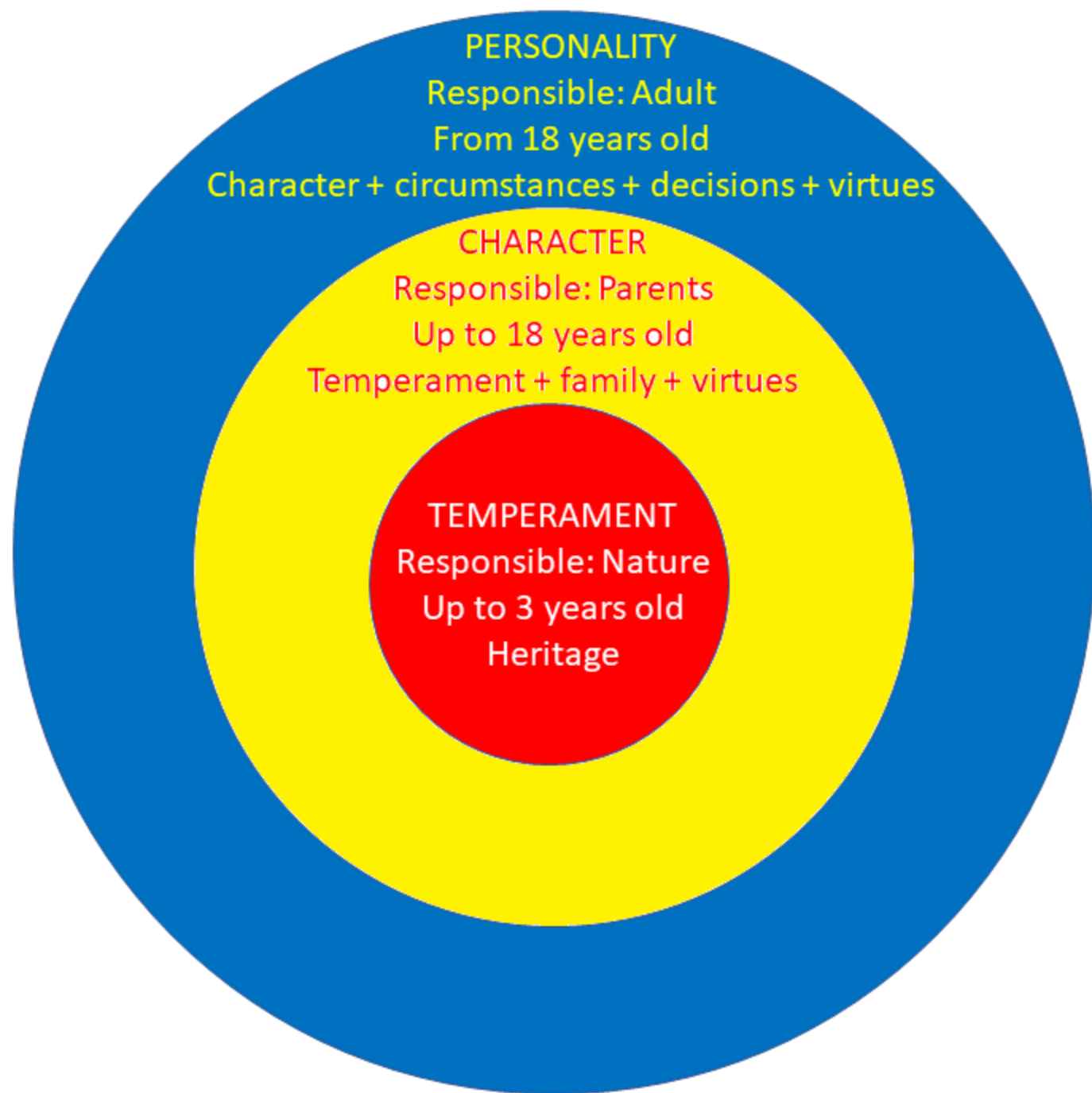
OLOR Mums' Cafe

**“KNOW YOUR CHILD,  
LOVE YOUR STYLE:  
PARENTING THROUGH  
TEMPERAMENTS“**

Wednesday, 29<sup>th</sup> Oct 2025

# TEMPERAMENT

- The genetic traits we are born with
- Our “default setting”, our predisposition to act in certain ways (e.g., angry, tired, stressed)
- Dates back more than 2000 years to time of Hippocrates
- Temperaments observed in infants as young as 4 months old
- Evidence of different temperaments = same situation/stimuli produces different reactions in different kids
- Most common : 4 types
- Primary + secondary temperaments



**CONTROL**

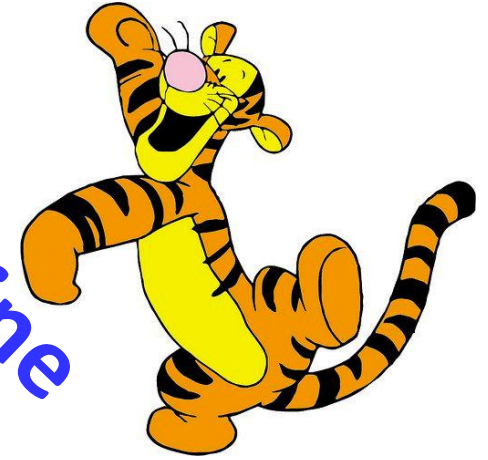


**Choleric**

**Doer**

**FUN**

**Sanguine**



**Talker**

**Melancholic**



**Thinker**

**PERFECTION**

**Observer**

**Phlegmatic**



**PEACE**

**Choleric**



# Choleric



- Action-oriented, Doer
- Full of energy, always moving
- Motivated, Independent, Goal-oriented (Sets and achieves goals)
- Quick learner
- Determined, Resourceful, Strong-willed
- Confident (though not necessarily skilled)
- Likes to show off, wants to win, be No.1
- Happy with 60% (jumps in)
- Natural leader, aware of talents
- Comfortable with power, flourishes
- **LOVES TO ARGUE, ENGAGE IN CONFLICT!**



- Impatient
- Stubborn, Proud, Unwilling to admit mistakes
- Quick-tempered; Tantrums (when don't get their way)
- Lack empathy, see people as resources to achieve goals
- Interruptive; Can appear disrespectful (not intentional, just want to get things done)
- Confrontational and retaliates

## Discipline

- Appeal to their reason, logic, rationale
- Motivated if there is a goal, objective
- Need clear, explicit instructions
- Use direct dialogue
- Do not attempt to engage in a battle of wills as they can (and usually do) outlast you
- Punishment makes them bitter and resentful
- Sometimes need to learn through consequences

## Virtue to develop

- **Humility (seeing themselves as they are)**
- Patience
- Obedience (to rightful authority)
- Forgiveness (admit faults, apologise, ask for it)
- Mercy (especially towards injustice)
- Empathy (with those slower, weaker – understanding is not easy)

# Sanguine



# Sanguine

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- Extroverted, spontaneous, optimistic
- Eager, enthusiastic, bright, cheerful, cheeky
- Sensitive
- Expressive, Talkative, Loud, Boisterous
- Affectionate – gives and wants
- Likes interactive, hands-on learning
- Quick learner, active imagination
- People-pleaser
- Bounces back easily, doesn't hold grudge, forgiving
- Natural hosts
- **FUN, FUN, FUN!!** Life of the party & centre of attention

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- Easily distracted
- Disorganised, untidy
- Work is incomplete
- Can talk too much, be disruptive
- Doesn't like planning
- Lacks order
- Easily led by friends, flattered
- Impulsive
- Class clown – easy, fun path
- Only works well if teacher likes them
- FOMO

## Discipline

- **Clear boundaries** – limits, expectations
- Need to follow up and help them stay on task
- Keep finger on pulse (friends)
- Need structure
- Make it **FUN** for them to finish task

## Virtue to develop

- **ENDURANCE**
- Order
- Planning (Give them lists)
- Prudence (in choosing friends, choices, choose the good)
- Self-control

**Melancholic**



# Melancholic

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- Introverted
- Faithful
- **Artistic, Creative**
- Idealistic, Strive for perfection/nobility
- Cautious
- Orderly, Organized, Sequential, Eye for detail
- Deep, Reflective (Philosopher), Contemplative, Spiritual, Honest
- Self-motivated, Hard-working
- Ability to handle crises well

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- Self-Absorbed with perfection
- Ineffective team player
- Nostalgic and magnifies difficulties (mistaken for pessimism)
- Over-planner, worrier (crave certainty/perfection))
- Doesn't like risks
- Tendency to procrastinate
- Fear of actions which risk human imperfections
- Critical/judgemental (long memory of grudges)
- Brutally honest
- Whines, complains (injustices, when cannot cope with noise, disruptions etc)
- Extremely moody
- Poor sense of humour; takes things very seriously
- Highly sensitive

## Discipline

- Arm around the shoulder approach
- Appeal to their emotions (praise, encouragement)
- Hard, punitive discipline will cause more harm as they are already hard on themselves

## Virtue to develop

- **COURAGE (Audacity)**
- **CHARITY**
- Joy
- Gratitude
- Flexibility
- Humour!

**Phlegmatic**



# Phlegmatic

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- Introvert, quiet
- Peace-makers
- Wants to fit in, team player
- Calm under pressure, Reliable
- Easy going, not easily insulted or provoked
- Cooperative, quiet, agreeable
- Hidden will of iron – patient, loyal, constant, persevering
- Natural humility, servant leaders
- Excellent listeners, great empathy
- Scientific, dispassionate

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- Avoids conflict – content with status quo
- Indecisive, scared of making decisions
- Agree to unreasonable requests for sake of peace
- Passive, lazy, likes to keep the status quo
- Can be stingy and selfish
- Still waters run deep – iron will, quietly stubborn
- Tendency to be sly, deceptive – need to keep finger on the pulse as can sustain a lie very well

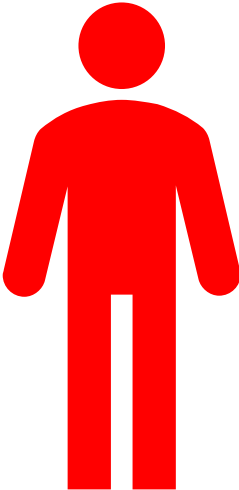
## Discipline

- **Less discipline more motivation**
- Encourage them to step out of themselves to take on challenges/good causes and not to take the path of least resistance because they have much to offer
- Speak up, take a stand, not be walked over

## Virtue to develop

- **MAGNANIMITY – greatness of mind and heart**
- Generosity (to counter selfishness)
- Boldness

# Choleric Parent



**Choleric  
Child**



**Melancholic  
Child**



**Phlegmatic  
Child**



**Sanguine  
Child**

# Choleric Parent

- Strong leader of the family (may only see their way of doing things)
- Protective, demands loyalty
- Overbearing, dismissive, lacks empathy
- May struggle to understand quiet, slow, inactive kids
- May find parenting tedious, tempted to “control their kids because easier” (Just Do It!)

## Choleric Child

- **Fireworks!!**
- Love to debate/argue together but don't bear grudges
- Pick your battles
- Don't let them be too independent – even though easier
- Teach them compassion; to stop seeing people as a resource

## Sanguine Child

- May think 'happy' child is ok
- Needs parent to set limits, structure
- May not understand attention-seeking (not independent)
- Use 'fun' to teach leadership, organisation and planning to scatter-brained child

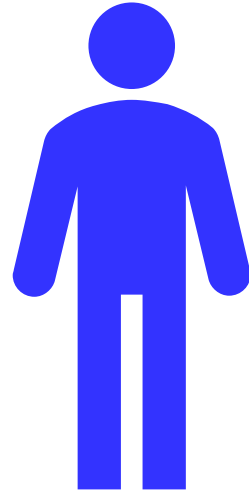
## Melancholic Child

- Find slowness baffling, irritating
- Do not push unless ready
- Listen, support and encourage *then* lead
- Aim for quality – parent (C) wants/finds the solution, child (M) does it well

## Phlegmatic Child

- May think passive child is lazy and unable to survive but just different
- Parent's constant criticism/negativity may cause child to withdraw
- Challenge them to succeed
- Work on relationship by praising success in other areas
- Has the ability to shine but needs praise, encouragement and guidance

# Sanguine Parent



**Choleric  
Child**



**Melancholic  
Child**



**Phlegmatic  
Child**



**Sanguine  
Child**

# Sanguine Parent

- Hearty, fun-loving, relationship-oriented, optimistic
- Kids love them because they are a big kid themselves – always ready for fun
- Outgoing – volunteering, meeting/talking with friends, action-packed days
- Forget the mundane details, necessary structure (dinner, homework), miss early warning signs of trouble
- Head-in-the-sand, everything will be ok attitude can be frustrating to spouse who is left to pick up the pieces

## Choleric Child

- Need to stay firm and not let themselves be wounded or offended by arguments
- **Do not let child dominate, risk of 'child tyrant'**
- Remain calm, maintain expectations and demand respect
- **Responsive and reinforce** rules

## Sanguine Child

- Dynamic and explosive!
- **One big party** – can lose focus
- Challenge is to set limits which sanguine needs, they need to learn self-control (so does parent!)
- Use relationships to keep tabs
- Encourage perseverance through example

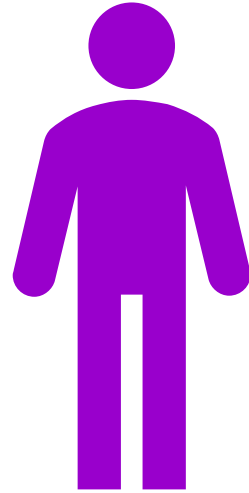
## Melancholic Child

- May struggle to connect with quiet child; Puzzling (**opposites**)
- Don't talk too much, tease or embarrass
- Stop and really listen, especially when they are venting; show sympathy and a listening ear
- Don't rush – let them work at own pace

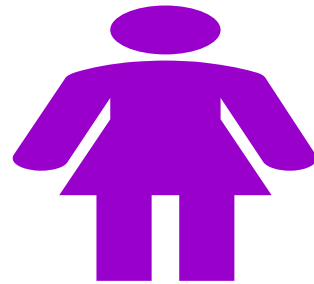
## Phlegmatic Child

- May overwhelm the introvert
- Child can become withdrawn and complacent
- Ideal mentor for child
- Needs parent's enthusiasm, appreciation and hands-on spirit to rouse them into action

# Melancholic Parent



**Choleric  
Child**



**Melancholic  
Child**



**Phlegmatic  
Child**



**Sanguine  
Child**

# Melancholic Parent

- Takes parent role very seriously
- Has rules and expects compliance; seek perfection and does not suffer fools; takes on “failures” of kids personally (What did I do wrong?)
- Demanding of themselves and their children; Idealistic
- May struggle to cope with extroverted personalities – not fun
- Seek to control through dramatic means
- Sense of order and structure will allow children to thrive

## Choleric Child

- **Resist urge** to engage in power struggles that provoke rebellion (both have strong views)
- Don't confuse disrespect with different opinion
- Focus more on relationship than maintaining control
- Try more subtle negotiation, show mercy and give second chances

## Sanguine Child

- **Temperamentally opposites = ripe for conflict**
- Recognize that child is not being wilfully disobedient, just forgetful
- Do not think they are superficial
- Provide clear rules and firm limits with many, many reminders!
- Do not squash natural enthusiasm
- Match your order to help their disorder

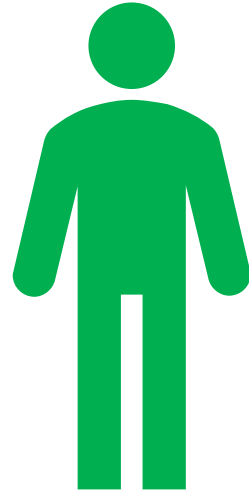
## Melancholic Child

- **Blissful** – mutual understanding and appreciation
- Hyper-perfectionism may cause anxiety which introvert cannot express
- Encourage child to develop external friendships, social circles

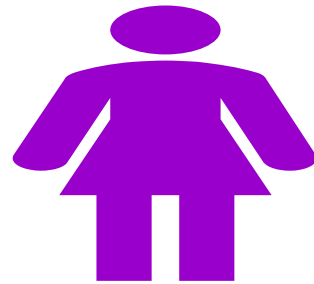
## Phlegmatic Child

- Refrain from micro-managing even though both enjoy
- Refrain from jumping in to solve – let them learn
- Be attuned to their struggle with discouragement – motivate and support rather than expect them to just do it
- Do not nag, scold or lecture as they take it very personally

# Phlegmatic Parent



**Choleric  
Child**



**Melancholic  
Child**



**Phlegmatic  
Child**



**Sanguine  
Child**

# Phlegmatic Parent

- Patient, easy-going, value a peaceful home
- Enjoy the simple things; empathetic, comfortable to be around
- Ignores real problems due to tendency to compromise, wait-and-see attitude (Motto “Why do it?”); Selfishness of not wanting to get involved
- Finds it difficult to discipline due to conflict-avoidance, hard to demand
- Ideal temperament to raise teenagers!
- Slow burn to become upset

## Choleric Child

- **Exhausting!**
- Complete opposites
- **Don't allow child to become dictator**
- Parent who feels authority is being diminished may resent child
- Use natural diplomatic skills to help child see faults and admit mistakes

## Sanguine Child

- Parent can be baffled
- Easygoing v expressive, energetic
- Can push the limits of parent's tolerance
- Ensure not taken advantage of (break rules, get into trouble)
- Parent should use good natured style and relationships skills to stay connected and teach child self-mastery, discipline and perseverance

## Melancholic Child

- Need to step out of comfort zone and initiate activities to benefit child
- Teach them relationship skills
- Organize fun activities, leadership opportunities
- Share stories of own experiences

## Phlegmatic Child

- **A match made in heaven!**
- Lots of comfortable, low-key enjoyments together
- Only risk is both parent and child get too comfortable and underachieve

## 3 KEYS TO PARENTING

- **A** = Affection and Demand
- **B** = Be present
- **C** = Coach the behaviour

# Conclusion

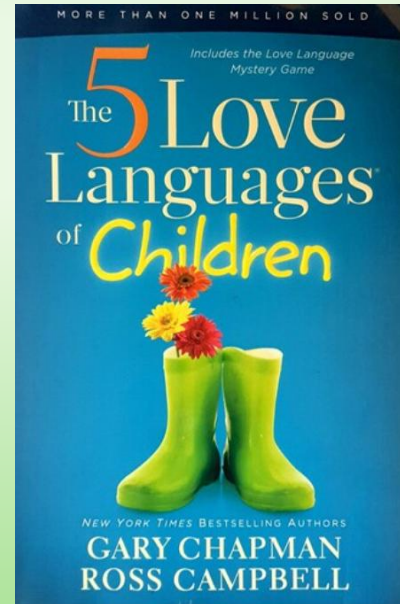
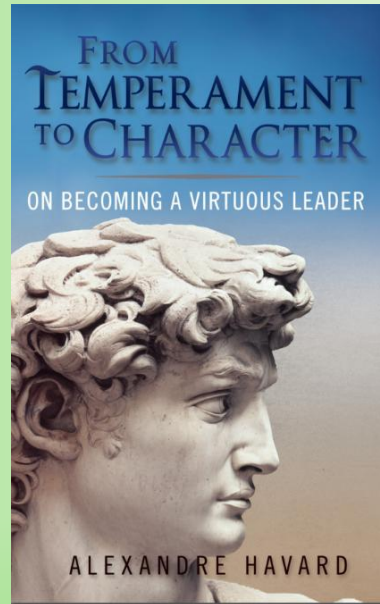
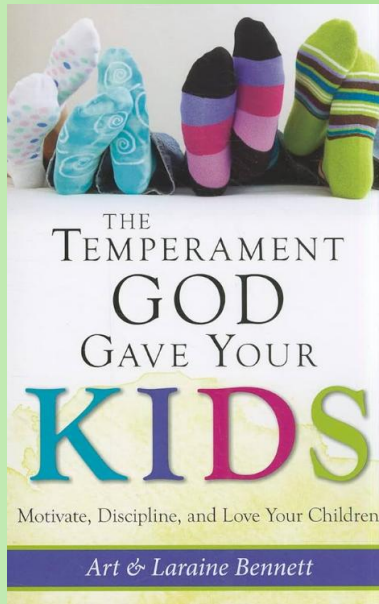


“I saw the  
angel in the  
marble and  
carved until I  
set him free.”  
Michelangelo



# Resources

Website : [www.temperamentquiz.com](http://www.temperamentquiz.com)



*Thank  
You*

