

## Apply the Tools You've Learned

### IS YOUR CHILD AN SP?

If NO, which of their playmates display some of these strengths strongly?

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If YES, which SP strength jumps out at you as so "truly your child"?

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### FOCUS.

Create opportunities for this SP strength to be used and developed in a positive way, which will deepen the bonding process with your child.

Example: For the SP strength of *Active*: Create more mutual activities and make your child know you appreciate their active nature and the drive that makes them so happy when they are engaged.

**Describe what you did with your SP and how your SP responded:**

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**Name 3 more strengths of the SP temperament you see in your child:**

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**Now, focus on these 3 strengths in the same way as you did the first one.** Of the strengths you've listed, which one makes your child the most proud? \_\_\_\_\_

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### DEVELOP.

Help develop this strength. What will you do to help your SP focus on and use this strength?

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## Expanding Your Knowledge

1. Read the chapter in my book, *I'm a Keeper*, called "Understanding Your Child" and focus on the "Action – SP" section.
2. Mark the things that describe your SP child best.
3. Keep a journal and write answers to these questions:

How will you encourage your SP to be a little more responsible and to focus more when they need to?  
(Use ideas from the section you read in *I'm a Keeper*) \_\_\_\_\_

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Who else in your home was identified as having a "P" as one of the four letters of their temperament type when you completed the temperament keys? \_\_\_\_\_

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What is the relationship like between this (or these) person(s) and your child? \_\_\_\_\_

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Who in your home has a "J" in their four-letter type? What is the relationship like between this (or these) person(s) and your child? \_\_\_\_\_

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How will you support your SP in their relationship with the "J's and help your SP to understand their role in those relationships? \_\_\_\_\_

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Although SPs rarely get down or depressed, if that should happen to your SP, how can you help your SP feel good about himself (or herself)? \_\_\_\_\_

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**ACTIONS TO TAKE:**

Use the following spaces to make notes about things you want to remember about the SP temperament, whether your child is an SP or not — notes such as playmates you want to observe more closely who you think might be an SP and things you remembered in the course of your study of the SP that prompted questions you want to pursue to increase our understanding.

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