

Parenting Techniques Based Off of Personality

ENFJ's: "A Thousand Watts of Enthusiasm"

- Listen patiently and validate their feelings
- Support both their positive and negative feelings
- Provide opportunities for social interaction
- Express love and physical affection frequently
- Respect their need for imagination and creativity
- Involve them in a variety of different activities
- Provide a balance of activity and time for rest
- Schedule regular one-on-one "dates" together
- Let them make decisions and respect their choices
- Forgive quickly and never give "the silent treatment"
- Give them permission not to be "perfect"
- Love them for who they are, not what they do

INFJ's: "My Secret Garden"

- Respect their privacy and need for quiet time alone
- Allow them to watch from the sidelines before joining in
- Speak privately and quietly when correcting their behavior
- Try not to raise your voice or yell, and apologize if you do
- Listen to their ideas and encourage open-ended exploration
- Give them plenty of physical contact to express your love
- Encourage them to express themselves through writing or art
- Listen and rephrase their feelings for clarification
- Talk to them one-on-one as much as possible
- Ask for their input and include them in decision making
- Don't interrupt them or rush them when talking

ENFP's: "A Great Idea? I've Got a Million of Them!"

- Offer a variety of challenging physical outlets for their energy
- Rotate their toys and games every few weeks to keep them engaged
- Compliment them on their curiosity and imagination
- Listen to their ideas and brainstorm with themselves
- Recognize that their creative process is more important than the end result
- Allow them to fantasize/daydream without accusing them of "lying"
- Provide them with a wide variety of art supplies
- Permit them to try a variety of interests without making a long-term commitment
- Allow them to "think out loud" and bounce their ideas off you
- Engage their creativity to problem-solve; make a "game" out of chores
- Be a supportive confidante and let them process feelings at their own pace
- Ask for their input when setting limits or rules
- Encourage them to find their own unique style to express themselves

INFP's: "Taking Everything to Heart"

- Provide them with books and read to them frequently
- Take them to the library often and get them a library card
- Expose them to cultural arts
- Speak in a soft, gentle voice and maintain eye contact when correcting behavior
- Apologize quickly and sincerely if you lose your temper or raise your voice
- Listen quietly and give them your undivided attention
- Give them plenty of time to play alone and daydream
- Respect the intensity of their feelings
- Support their intellectual curiosity and use of artistic expression
- Help them find ways to stay organized/on time and meet goals
- Give them plenty of advance notice about changes that affect them personally

ENTJ's: "Leader of the Pack"

- Expect lots of questions and be prepared to offer logical answers
- Be consistent as well as fair with discipline
- Ask for their opinions and listen to their ideas
- Delegate as many projects, tasks, and responsibilities to them as possible
- Be willing to let them win an argument when they have earned it
- Help them follow their creative inclinations by offering them an appreciative audience
- Give them plenty of opportunities to make new friends
- Model open and honest communication of feelings; teach kindness through example
- Be honest, direct, and clear in your directions and expectations
- Expect to be challenged and recognize their drive for perfection

INTJ's: "Creating Perfection"

- Allow them to play alone or with one special friend as much as they like
- Don't force them into social situations; they'll go when they're ready
- Prepare them with information about events or experiences ahead of time
- Understand that it can be difficult for them to express affection
- Provide plenty of intellectual stimulation
- Encourage their curiosity and let them explore and discover through hands-on activities
- Don't question them about their day until they've had some time to relax
- Expect a critical/analytical thinking style
- Explain the logical, rational reasons for decisions, rules, and discipline
- Respect their ability to problem-solve, make their own choices, and develop plans
- Encourage them to slow down and take their time in making decisions

ENTP's: "Everything's Negotiable"

- Provide a wide variety of play materials and toys
- Change things in their environment to keep them interested and stimulated
- Expect a high energy level and provide them with plenty of playmates
- Try out their ideas and solutions whenever possible
- Say "yes" whenever you can; save "no" for when you absolutely must
- Be patient with their questions and offer logical answers and consequences
- Model empathy and emotional sensitivity and explain why this is important
- Allow and encourage them to develop their own unique identity

- Appreciate and accept your child's ability to argue and negotiate
- Remind them that they have the ability to change their mind
- Provide support, suggestions, and advice when requested
- Create an atmosphere where it's "safe" to try out new thoughts or ideas
- Provide a realistic sounding board for their creativity

INTP's: "Question Authority"

- Let them explore within wide but safe boundaries
- Give them plenty of time to think things through before responding
- Expect that they may take things apart (but not be able to put them back together)
- Encourage them to finish the projects and activities they start
- Respect their privacy and find common interests to build intimacy/attachment
- Explain the logical reasons for each and every rule or limit
- Provide scientific/technical books or computer games
- Look for and establish mutually agreed-upon standards
- Help them to develop time-management skills
- Don't "hover"...let them do things for themselves and learn through trial and error

ESTJ's: "Playing by the Rules"

- Be specific and literal in what you say and ask of them
- Prepare them in advance for any changes in plans
- Have your facts straight and don't try to "fake it" with them
- Model the traits of compassion, patience, and empathy for others
- Rephrase insensitive comments and teach them how to speak tactfully
- Explain the logical causes and effects of their actions
- Try to maintain a consistent, predictable schedule and follow through
- Provide plenty of outdoor physical activities for their high energy level
- Participate and be a dependable spectator at their athletic events and other activities
- Give them honest feedback when they ask for it; don't "sugarcoat" things
- Use money or additional responsibilities as a behavioral incentive
- Be immediate and consistent in discipline and explain your reasons for the rules
- Help them relax and enjoy themselves; point out the humor and joys of life

ISTJ's: "Being a Kid is Serious Business"

- Give them plenty of time to adjust to new things
- Keep routines in place as much as possible
- Respect the fact that they are very particular about certain textures, smells, and tastes
- Offer them lots of beautiful things to look at
- Say what you mean and mean what you say
- Be clear and concise in your directions and expectations
- After asking a question, give them some time to think through their answer
- Follow their lead and don't push them into social situations when they resist
- Offer games and activities with clear parameters and guidelines
- Provide them with a variety of sensory experiences/textures (sand, clay, water, etc.)
- Respect their need for quiet, uninterrupted time to think
- Ask their opinions and wait quietly for them to share with you
- Don't rush them from one activity to another; allow for a slower transition pace
- Respect their need for structure, order, and organization

- Reward them with increasing amounts of independence and responsibility
- Preview new experiences in advance so they will know what to expect

ESFJ's: "Let's All Be Friends!"

- Expect high energy levels and lots of talking/questions
- Initiate and reciprocate hugs, kisses, and snuggles
- Help them to verbalize all of their feelings (both positive and negative)
- Allow them to express themselves without fear of shame or punishment
- Model honesty and tactfulness
- Encourage them to question things, rather than accepting everything at face value
- Lead through example and explain the practical reasons for rules
- Relate new things to familiar, past experiences
- Offer constant praise; focus on the positive rather than dwelling on the negative
- Follow through on your promises and commitments to them
- Teach them how to relax and enjoy life by setting aside time for spontaneous fun
- Explain that some things in life are not "black & white", but "shades of gray"

ISFJ's: "A Promise is a Promise!"

- Hold them frequently and for long periods of time
- Sing songs, read to them, and rub their backs
- Respect their need to take time and acclimate to new people or surroundings
- Maintain a comforting, familiar routine to help them feel safe
- Speak softly, gently, and patiently with them
- Reassure them when they feel hesitant or unsure of new things
- Support their dreams and praise their efforts (even if they don't always succeed)
- Respect their natural concerns about safety and security
- Provide real-life role models to help build their confidence and self-esteem
- Guide them and encourage them to be independent and self-sufficient

ESTP's: "Look Mom.....No Hands!"

- Find constructive outlets for their high physical energy ("hands-on" play activities)
- Be vigilant about child-proofing your house from potential safety hazards
- Be patient with repeated/incessant questions and comments
- Take breaks to get the quiet time you need
- Set and define crystal-clear limits and boundaries
- Use consistency when enforcing rules
- Remember that natural logical consequences will be more effective than words
- Have realistic expectations about order and cleanliness in your home
- Model sharing, compromise, and cooperation
- Make chores a game whenever possible; put on music and sing/dance while you clean
- Use fun activities as an incentive/reward
- Explain why people feel the way they do, and that there are emotional consequences to behavior
- Use reality-based, concrete learning activities whenever possible

ISTP's: "Making Sense of Things"

- Don't lecture or "over-talk" things; be clear, direct, and concise
- Allow them to roam and explore their environment
- Provide plenty of sensory stimulants to learn from
- Don't correct them in public or make them the center of attention
- Respect and protect their need for privacy and unstructured solitary playtime
- Listen carefully and give them your full attention
- Encourage and allow them to do things for themselves (dressing, meal preparation, etc)
- Be specific in your standards/expectations of behavior and academic performance
- Build a closer relationship by doing the things they like to do
- Try not to take it personally if they don't express affection

ESFP's: "Social Butterflies"

- Offer them challenging play areas and other things to explore
- Teach them how to determine their own safety limits to avoid accidents/injury
- Explain the need for personal space, privacy, and social boundaries
- Distract them from misbehavior by letting them help out with tasks
- Demonstrate though concrete examples whenever possible
- Accept their need to be physically active; don't expect them to sit still for long periods
- Use tangible incentives/rewards
- Be aware of their deep feelings and tendency to "hold on to hurts"
- Give them an abundance of hugs, kisses, and physical affection
- Use positive reinforcement as often as possible
- Help them to stay on schedule and develop time management skills
- When discipline is necessary, make it swift and immediate
- Do things spontaneously to surprise them; let them bring out your "inner child"
- Smile a lot and tell them you love them multiple times throughout the day

ISFP's: "Gentle Free Spirits"

- Offer them hands-on educational toys, such as building blocks or books with different textures
- Encourage them to experiment artistically and compliment them on their creations
- Hold them and snuggle them a lot to help them feel safe and secure
- Look them in the eye and give them your full attention when they speak to you
- Allow them to express their feelings in their own creative style (music, dance, drawing, etc.)
- Respect their need for emotional expressions and their "flair for the dramatic"
- Discuss underlying conflicts, rather than ignoring them
- Help them to look at situations from different perspectives
- Model assertiveness and give them a safe environment to practice these skills

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