

HOW “GOODNESS OF FIT” HELPS YOUR CHILD

Types Of Goodness Of Fit

- **Fit with the environment:**

It includes how a child behaves in a particular environment, such as school, or a hyperactive child in a small home or space.



- **Fit with people:** This refers to how they behave around people and how the people perceive them.

Creating A Good Fit



- Understand and note the different responses of your child.

- Study your and the people’s reactions to your child’s temperament to see if it fits well.



- Study the environment around them to check the fit with your child.

- Do not force your child to fit in with their surroundings if they are uncomfortable, and be prepared for their reactions.

Benefits Of "Goodness Of Fit"

- You will better understand your child’s reactions to different situations.

- Your child will have an increased sense of self-respect and confidence.



- Figuring the key to the “goodness of fit” can help avoid the struggles with their temperament at home.

- Your relationship with your child can become more trusting and respectful.



References:

1. Understanding “Goodness Of Fit”; The Center of Parenting Education
2. Temperament And Goodness Of Fit; Foster Parent College