

DO YOU HAVE A HIGH NEED BABY?

THE QUIZ



HI!

I'M HOLLY KLAASSEN

Thanks for downloading this quiz!
You are in good company: many thousands of parents around the world have taken this quiz as a way to start thinking about their baby's temperament.

I'm Holly Klaassen, and I'm a parenting coach and mom to two big kids (now 13 and 15), and founder of [The Fussy Baby Site](#).



I have had quite the journey as a mom...one I bet you can relate to.

My son was a very fussy, high need baby, who had troubles feeding, sleeping and basically just existing. The first months were a blur, and were very much spent in survival mode...So, I definitely know what you're going through!

I hope you enjoy taking this quiz and get a better understanding of your baby's temperament.

And even more importantly, I hope this quiz helps you realize you're *not* alone!

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WHY IS MY CHILD DIFFERENT?

You might be new to the term “high need”. But you probably know your child is different, and may have even noticed this shortly after birth.

Some of the behaviours or traits you may have noticed include:

- Difficulties feeding and sleeping
- Intense reactions to new things/people
- A generally “grumpy” demeanour
- Doesn’t like being put down
- Is very sensitive to noise, over- or under-stimulation or discomfort
- Cries, fusses or screams a LOT

The term I prefer to use for these amazing, exhausting little individuals is “**spirited**”. Some kids are just born with a more sensitive, intense, persistent temperament.

These kids can certainly be a challenge to parent! As babies, they tend to need lots of *attention, soothing and holding*. As toddlers and preschoolers, they may continue to be challenging: they tend to have a mind of their own, to push the limits and to have intense reactions to frustration (aka meltdowns!).

However, this doesn’t necessarily mean they’re going to be challenging forever. Temperament isn’t immutable: meaning it doesn’t necessarily stay exactly the same throughout our lives.

With the right parenting, these kids can become absolutely amazing, and can “grow into” their big personalities. Some of the key traits they exhibit as little ones may remain throughout their lives (e.g., being sensitive, intense, etc.); however, if we can support them and help them learn to appreciate their temperament and cope with their big feelings, all these challenging traits can actually become their *best* traits later on!

HOW TO COMPLETE THIS QUIZ

As mentioned, temperament is often evident from a very young age. This informal quiz will help you start thinking about what kind of temperament your child has.

Please note: This quiz should be used as a tool to start thinking about your child's temperament: it is NOT a formal medical or psychological tool. If you have concerns about your child's behaviours, I always recommend having a conversation with your family doctor.

Remember that every child is unique, and no quiz or test can 100% define who your child is or who she or he will become!

Following are 20 multiple choice questions about your child's behaviours and tendencies.

If none of the options feels completely accurate to you, leave that number blank and don't count the answer in your totals.

At the end, you'll find instructions for how to score the quiz.

THE HIGH NEED BABY QUIZ

1. If I put my baby down on the floor or in a playpen so I can make dinner or complete a task, he will usually:

- a) Cry or scream until I pick him up.
- b) Lay quietly/play with his toys.
- c) Fuss initially...but as long as he can see me, he's usually ok.

2. My baby's sleep routine is:

- a) HA! What sleep routine? I wish my baby would have a more predictable sleep schedule (and would sleep more!)
- b) My baby sleeps pretty well, most of the time.
- c) My baby's sleep is okay for her age, as long as we keep to a pretty predictable routine.

3. Statement: I spend a lot of time wondering or researching why my baby is fussy or crying.

- a) True - Especially during my baby's first few months.
- b) False. I find I can mainly rely on my instincts to soothe my baby and figure out what's wrong with him.
- c) Mainly I Google things like, "Why does my baby cry when other people hold him?", and "Why does my baby scream when he misses a nap?"

4. In terms of feeding, my baby:

- a) Tends to eat frequently and at random times during the day and night.

- b) Eats like a champ and has a fairly predictable schedule.
- c) Eats fine, but does best at home or in another quiet, non-stimulating environment.

5. When my baby is happy:

- a) She lights up the room: she laughs loudly and is the “life of the party”.
- b) She smiles and laughs pretty easily.
- c) It often takes a lot of work to get her to smile or laugh.

6. When we miss a nap or come home late for bedtime:

- a) My baby tends to get easily overtired and it messes up her routine for a day or two. She is also a BEAR when she doesn’t get enough sleep!
- b) My baby usually takes it in stride and handles it pretty well.
- c) It tends to throw off our routine and she may be fussier than usual.

7. If I had to describe my baby’s energy levels I would say:

- a) He’s always moving, even when he eats and sleeps. He may even have been really active in the womb!
- b) He’s energetic, but also has lots of times when he’s calm and still.
- c) He’s usually content to sit quietly and watch the world go by.

8. Our nap and bedtime routine can best be described as:

- a) An elaborate routine that may include bouncing, rocking, breastfeeding, etc. Even then, it’s hit or miss.
- b) I can usually put him down in his crib and he’ll fall asleep on his own.
- c) He sleeps okay as long as he can see me/be with me at all times.

9. When my baby is uncomfortable (too warm, wet diaper, teething, etc.) her response is usually to:

- a) Cry or scream until the source of the discomfort is gone.
- b) Fuss until the source of the discomfort is gone; sometimes she doesn't even fuss about it and I discover it on my own! (e.g. a new tooth suddenly pops through).
- c) She will fuss or cry about it, but usually won't scream. And oftentimes, simply holding her and keeping her close is enough to soothe her.

10. When it comes to transitions (getting dressed, diaper change, getting into/out of the car seat, etc.) my baby usually:

- a) Cries, screams and/or arches his back.
- b) Takes it in stride. Transitions don't usually bother him too much.
- c) Isn't a big fan of transitions, but doesn't usually freak out about them...especially if we stick to our usual routine.

11. When out in public with your baby, people are most likely to say:

- a) Either "My, what an incredibly active, alert, happy baby!", or "Oh dear, someone needs a nap/needs to be fed!".
- b) "Aw, what a sweet baby".
- c) "Come on now, what do I have to do to get you to smile for me?"

12. When my baby wakes up, she typically:

- a) Wakes up crying or screaming, and it may take me a while to calm her down.
- b) Lays quietly or "talks" to herself until I come get her (or simply calls out for me)
- c) Wakes up fussing, but is fine once I go get her.

13. I frequently feel tired, overwhelmed and drained from trying to keep my baby happy or content:

- a) Yes! I often hear other parents say how much they love having a baby...and while I love my baby, I often feel like I'm barely hanging on.

- b) Sometimes I get tired...but most of the time, I really enjoy just hanging out with my baby!
- c) When I'm able to give him my full attention, he's actually pretty happy. But I wish I could leave him with someone else once in while without him screaming the whole time!

14. When my baby wants or needs something, he is more likely to:

- a) Scream or cry loudly until he gets it (and no amount of distraction works)
- b) Fuss or cry (but I or someone else can usually distract him until we can give him what he wants or needs)
- c) Fuss or cry (but I - and only I - can usually distract him until I can give him what he wants or needs)

15. True or false: My baby gets less sleep than is recommended for her age:

- a) True. My baby has been a poor sleeper from day 1!
- b) False. My baby generally naps well and sleeps a long stretch at night.
- c) She tends to get enough sleep as long as she's right next to me in my bed or I'm holding her the whole time.

16. True or false: I have struggled with some degree of depression or anxiety since the birth of my child.

- a) True. I have had symptoms of depression or anxiety OR have been diagnosed as having postpartum depression or anxiety by a doctor.
- b) True OR False...but if true, I don't think the depression or anxiety were caused or made worse by my baby's behaviors or fussiness.
- c) True OR False...but if true, I do feel like it was made worse by the fact that I never seem to get a break from my baby.

17. A typical day with my baby looks like:

- a) Every day is different, and I never know what to expect. But one thing I can count on is spending most of the day trying to keep my baby happy or keep her from crying!
- b) Most days tend to be pretty much the same...but I also love trying new activities or routines, and she loves this too!
- c) Our days are almost all the same! My baby seems to really need a set routine, and prefers being at home most of the time.

18. I have considered not having another child simply because of how difficult my child is/was:

- a) Yes...and it breaks my heart.
- b) No...I'm actually pretty excited to do it all again!
- c) Not really...but I do sometimes hope the next one will be a little more independent!

19. True or False: As a newborn, my baby cried a lot more than other babies:

- a) True! My baby cried, fussed and screamed much of the time (or didn't, but only because I held her 24/7).
- b) False. My baby was pretty content most of the time.
- c) False. However she did tend to cry more if someone other than me was holding her.

20. Has this thought ever crossed your mind (no judgement!): I wish I had appreciated how easy my life was before having my baby:

- a) Yes...many times. I long for the days when I could sleep in, take care of myself and have a life!
- b) False. Things aren't always easy, but overall, I love my life now!
- c) Sometimes...mainly I think back to how nice it was to not have someone attached to me 24/7!

HOW TO SCORE THIS QUIZ

It's probably quite obvious to you at this point that the quiz follows a simple pattern :)

If you have **7 or more a's**, you may have a high need baby.

If you have **7 or more b's**, you may have a more "easygoing" baby. While this doesn't mean your child is always easy, he or she likely has a pretty good routine, is generally content, and life is good!

If you have **7 or more c's**, you may have a "slow to warm up" child. Other terms that have been used to describe this temperament are "shy" or "clingy". He or she likely needs to have a predictable routine, is separation-sensitive, and isn't a big fan of new people or situations.

NEXT STEPS

So...how many a's did you get?

Lots of people email to tell me they got all (or almost all) a's...These are my people!! :) If you like, come to our private [Facebook group](#) and let us know your score - make sure to use the hashtag **#HNbabyquiz** so we can find your answer!

Hopefully by taking this quiz, you've realized you're not the only one struggling with your child. These kids can definitely be challenging, but all your hard work now will pay off! If you're looking for tips and strategies that actually work for fussy, colicky or high need babies and, I've written several eBooks you might be interested in.

[The Fussy Baby Survival Guide](#)

[Sleep Training and High Need Babies](#)

[Everything You Need to Know About Colic \(and Nothing You Don't\)](#)

Thousands of parents have bought and read these eBooks and have found help and hope for their fussy babies...and I hope you do too!

I'll also be sending you a few other emails this week with additional tips and support. I trust you'll find them helpful :)

I'll "see you" around in your inbox!

Holly

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