

## BUILD-UP GUIDE:

### *Words to Fill a Sanguine's Needs*

Sanguine children are wired to need approval, acceptance, attention, and affection.

If you have a Sanguine child in your family, in your classroom, or on your team, consider this your action cheat sheet—a list of things you can do to fill those needs and show them how much you value their innate wiring.

#### BUILD UP A SANGUINE BY...

#### Listening to and engaging with their stories.

- › Toddler: “That sounds like it must have been so silly!”
- › Tween: “When he said \_\_\_\_\_, what did you say?”
- › Teen: “That sounds so exciting! Tell me all about it.”

#### Making (and keeping) eye contact when they're talking.

- › Toddler: “Come sit on my lap and tell me about your day.”
- › Tween: “Let me put this down so I can give you my full attention.”
- › Teen: “Why don't we FaceTime this afternoon so you can tell me how tryouts went?”

#### Being positive/matching their enthusiasm.

- › Toddler: “Yes! That's a great idea. Let's do it!”
- › Tween: “It sounds like you and your friends had an awesome time!”
- › Teen: “How exciting. That's an incredible opportunity!”

#### Promoting their creativity.

- › Toddler: “What special picture can we draw for Grandma today?”
- › Tween: “Let's cook something new for dinner. Any ideas?”
- › Teen: “I heard about this photography contest and immediately thought of you.”

#### Laughing with them.

- › Toddler: “You are the funniest kid I know!”
- › Tween: “When you laugh, it makes me laugh more!”
- › Teen: “I just love your laugh. It's contagious!”

#### Showing interest in their friends.

- › Toddler: “Who did you play with on the playground today?”
- › Tween: “Would you like to invite them for a sleepover this weekend?”
- › Teen: “What's new with \_\_\_\_? I remember you telling me...”

#### Approving of them.

- › Toddler: “You're so good at writing your letters.”
- › Tween: “You have the most beautiful singing voice.”
- › Teen: “You stayed true to yourself. I admire that.”

#### Taking them seriously when needed.

- › Toddler: “Oh, no! You sound angry. Can you tell me why?”
- › Tween: “I'm so sorry that happened. You have every right to feel down.”
- › Teen: “I can see this is a big deal to you. Tell me everything.”

## Caution!

Sanguine children are wired to need approval, acceptance, attention, and affection.

Saying or doing things that deprive them of these needs—intentionally or accidentally—won't bring out their best. So, consider this your cheat sheet of words and actions to avoid if you have a Sanguine child in your family, in your classroom, or on your team.

### YOU MAY TEAR DOWN A SANGUINE BY...

#### Shaming them.

- › Toddler: “Shhhhh! You're being too loud.”
- › Tween: “Please stop. People are staring at you.”
- › Teen: “You're too old to be acting like that.”

#### Keeping them from friends or fun.

- › Toddler: “We don't have time for that today. Put on your shoes and let's go.”
- › Tween: “I think you have enough going on without signing up for that too.”
- › Teen: “You'll have to tell him you can't go. I need you to watch your brother tomorrow.”

#### Not listening or giving them your full attention.

- › Toddler: “I'm busy right now. Go find something else to do.”
- › Tween: “Hold on. I just got a text message. Let me see who it's from.”
- › Teen: “Can you cut to the chase? I need to get back to my work.”

#### Requiring them to always be “on.”

- › Toddler: “Cheer up! It wasn't that big of a deal.”
- › Tween: “Show everyone that dance you were doing the other day.”
- › Teen: “What's wrong with you? Why are you being so serious?”

#### Burdening them with details.

- › Toddler: “Here's what we're going to do today before nap time.”
- › Tween: “Next weekend we have a lot going on. We have to...”
- › Teen: “Read every part of the directions.”

#### Being too serious.

- › Toddler: “I shouldn't have to sing a song just so you'll brush your teeth.”
- › Tween: “Does everything have to be a game?”
- › Teen: “Please focus so we can get this over with—not everything in life is fun.”

#### Dwelling on the bad or sad.

- › Toddler: “It was a pretty good day, except for...”
- › Tween: “I think you baked these cookies for too long. Next time, try...”
- › Teen: “Let's review the game film so you can see what went wrong.”

#### Demanding perfection.

- › Toddler: “This is looking kind of sloppy. Why don't you start over?”
- › Tween: “This room is not clean yet. I still see...”
- › Teen: “Are you sure this is the level of work you want to turn in?”