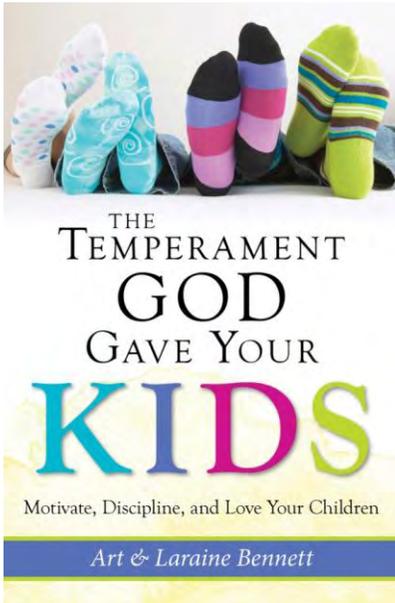


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Pertinent parenting by personality-type, not just ‘kids’ stuff’



HUNTINGTON, Indiana, March 8, 2012 – With children having pint-sized versions of four major personality-types, parents need to be keyed to their kids’ individual circuitry, or risk being stymied by puzzling differences in behavior, moods and motivations. A parenting mode that’s a sure bet with one child may be a complete fiasco with another. New research shows distinct reasons for this.

Husband-and-wife counseling team and longtime parents of four, Art and Laraine Bennett, provide a tool that’s been long-elusive to parents: insight into how the four temperament types are personified in children, and what makes each one ‘tick.’ Knowing whether a child is *choleric* (take-charge, strong-willed, competitive, quick-learner, self-reliant); *melancholic* (high-idealed, moody, perfectionistic, creative, withdrawn); *sanguine* (optimistic, eager, fun-loving, extraverted); or *phlegmatic* (peaceful, quiet, cooperative, obedient) – enables parents to do a customized job with each one, according to the Bennetts’ well-mapped strategies in their new book.

Entitled **The Temperament God Gave Your Kids: Motivate, Discipline and Love Your Children** (Our Sunday Visitor, 2012), it illustrates the differences in God-given temperament among children, and the keys to unlocking each child’s distinct makeup.

Often, parents will worry there’s something wrong with their child, or that their parenting is flawed, when faced with kids whose reactions, emotions or behavior is so foreign to their own. “But when they realize this has more to do with temperament – the way the kids are hard-wired – than whether they’re ‘good’ or ‘bad,’ they see that the child readily responds to a different approach.

“Knowing each kid’s temperament helps in avoiding unnecessary power struggles, or in engaging kids who maybe won’t divulge details, or who resist communication, even those who prefer distraction and changeability to constancy and goal-setting,” says Laraine. In essence, learning to utilize the behavior-language of varying personality-types really cuts through the static in getting through to the kids. “It puts you all on the same page, and that’s what yields positive results.”

As if knowing kids’ hot-buttons wasn’t enough, the Bennetts’ book also shows how parents’ personality types color chemistry with their children – with no two recipes alike.

Our Sunday Visitor



“So no matter what the parent’s personality type, moms and dads must reach beyond their own temperament-types, to engage their children in the ways they need most,” the Bennetts say. Stepping out of costume for a moment, the choleric parent might perhaps slow down and listen empathetically; the melancholic might relax; the sanguine could hold firm; and the phlegmatic can take charge. Though they may be behaving out of their comfort zone as parents, it can encourage the kids to venture out of *theirs*.

“An orderly, detailed, studious melancholic parent might feel overwhelmed by a sociable, distractible, highly active sanguine child,” says Laraine. “She might not know how to motivate such a child, and might make the mistake of punishing him for behavior that isn’t intentional.” Or, sending a melancholic to her room might not evoke change, since she would rather be there anyway. In the book’s chapter on parent-child temperament interactions, the Bennetts cover every possible combination.

It’s not easy for parents to change course, much less for the kids under their care. But it can be accomplished, and the results should stand true, according to the Bennetts.

The Temperament God Gave Your Kids readies parents with precise tools needed to address specific temperament and developmental stages for each child.

“God, in His generosity, makes some virtues more readily accessible for us, while other virtues are more difficult to attain. We cover all the natural virtues for each of the temperaments and suggest which virtues each personality-type might need to really work on – both the parent and the child.”

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Interview Questions

Art and Laraine Bennett

The Temperament God Gave Your Kids: Motivate, Discipline and Love Your Children

1. Why did you write a book on children's temperament-types?
2. What are the main temperament-types.... and why is it important that parents identify them in their children?
3. What role does knowing a child's temperament play when parents work to motivate or discipline him or her?
4. And what about a parent's temperament -- how can he reconcile his own temperament-type with his child's, so he's doing the most effective job possible?
5. Unlike other books on temperament-types, this one contains a chapter which teaches how to incorporate virtue into family life, despite many differing temperaments. Talk a bit about that.
6. What about situations involving kids with psychological disorders, learning challenges, or disabilities? How should parents approach these?

About The Authors

Art and Laraine Bennett



Art and Laraine Bennett provide an accessible synthesis of classical wisdom, modern counseling, science, Catholic spirituality, and wonderful storytelling to the four temperaments that serve as the foundation of one's personality and approach to life.

Art Bennett is currently the President and Chief Executive Officer (CEO) of Catholic Charities in the Diocese of Arlington, Virginia. He was also the Founder and Director of the Alpha Omega Clinics in Maryland and Virginia (2002-2010). He has more than 25 years' experience in the mental health field and is a frequent speaker on marriage and family issues.

Laraine Bennett has a master's degree in philosophy and is a freelance writer for Catholic publications, including Catholic Match and the Catholic News Agency's Catholic Womanhood site.

Together, the Bennetts co-authored four books: **The Temperament God Gave You, The Temperament God Gave Your Spouse, The Emotions God Gave You, and The Temperament God Gave Your Kids**. They have lived in California and in Germany and currently live in Northern Virginia. Art and Laraine have been married for 34 years and have four children—one of each temperament type!

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