General Traits
Birth Order Positions

1. ELDEST; (firstborn, or first of a gender.)
   Usually very responsible, a leader, punctual, into structure, works well with authority, bossy, takes charge, perfectionist, rigid, follows through, concerned about what others think, conforming, academic, likes to please authority, high rate of suicide and mental illness, pressure from within and without to succeed, the example, the guinea pig, talks the language of adults, given the script to "take care of others", has a hard time with feelings, usually very cognitive.

2. MIDDLE;
   Can be destructive or creative, usually different interests than first born, shows feelings a lot, fights, loves, heart-oriented, peace maker, feels "squeezed out", forgotten, alone, lonely, feels like they are always playing "catch up", gets hand me downs, compared to first born all the time, ("why can't you be as good as...") less studies done on this position, artists, dancers, singers, (fine art group), contradictions, less respect from others, secretive, contradictions, plays off of the first born, last to seek help from professionals, run with the pack, most monogamous of all birth orders, make tenacious adults because they are used to life being unfair, typically balanced individuals...

3. YOUNGEST;
   love limelight, clowns, fun-loving, feel like a dud, have a desire to make an important contribution, (but doubt they can), people persons, "car salespeople", have a hard time with responsibility, are charming, cute, can be very manipulative, prince or princess, may mismanage money and time, like to be taken care of...current research suggests that last born females have the highest self esteem of all positions.

4. ONLY
   Has tendencies of both youngest and first born. Tends to speak the language of adults, may be frustrated at having to live so much in the adult world. Often feels smothered and may have difficulty relating to others because of the blind spot. (may be somewhat unaware of what others are thinking and feeling). Tends to try to meet others expectations and be somewhat compliant.

These traits are not set in concrete, and vary in intensity from family to family. Those families with high competition values show the traits more profoundly. Cooperative families tend to smooth out, and each of the children show more of all the positive traits. (underlying message is that there is room for all)
TIPS TO MAKE YOUR BIRTH ORDER WORK FOR YOU*

FIRST BORN;

1. Take smaller bites of life, take time for self, slow down.
2. Say no!! Don't be such a pleaser, you can't be everything to everyone.
3. Perfectionism is a slow way to commit suicide, lower your sights a little, do less and enjoy life more. Learn to play!!
4. Use your trait of wanting details to your advantage, don't apologize for it, you are a good problem solver.
5. Take your time making decisions, sometimes you are pressured to jump before you are ready, you are by nature a cautious person, let it work for you.
6. Develop a sense of humor, read Gary Larson at least once a day and laugh instead of analyzing it. Laugh when you spell a word wrong instead of "freaking out".
7. Don't apologize for being ready and organized, let it be your strength, just don't be driven by it.
8. HAVE FUN !!!

MIDDLE BORN;

1. Use your people oriented skills, it is one of your best traits.
2. Keep your unique qualities, free spirit or unpredictability.
   Don't let eldest pressure you into being like them, celebrate yourself.
3. Share your ideas with people that will listen.
4. Don't spread yourself too thin in lots of relationships.
5. DON'T PLAY COMPARISON GAMES, just be comfortable with being you.
6. Middle born can make excellent leaders because of their skills in compromise, negotiation and "give and take" don't think that only firstborns make good leaders.

LAST BORN;

1. Accept responsibility for yourself, stop passing the buck.
2. Learn to pick up after yourself, don't be so messy.
3. You are a people person, optimize that and consider a career with people.
4. Help others and don't focus so much on yourself.
5. Work on admitting your faults, don't blame others for your "stuff".
6. Use your gift to be funny in appropriate ways, be persuasive and charming without it being at the expense of others.
7. Let others in the limelight too. We all need it at times and your tendency will be to be in it a lot... learn to share.
8. Try dating firstborns, you may find them the most compatible. (Remember that your spouse is not your mommy or daddy)
Tips for Parenting
First, Middle and Lastborn Children*

Tips for Parenting Firstborn Children

1. Don’t reinforce your firstborns already ingrained perfectionistic tendencies. Don’t be an improver on everything he says and does. Go easy on reminding the child of what he should be like.
2. Realize firstborns have a particular need to know exactly what the rules are. Be patient and take time to lay things out for your first born, from a to z.
3. Recognize the firstborns place in the family. As the oldest, the first born should get some special privileges to go along with the additional responsibilities that always seem to come his/her way.
4. Take two on one time- both parents out with the oldest child alone. Firstborns respond to adult company better than any other birth order position.
5. Stay away from having your first born become your instant baby sitter. At least try to check with your first born to see if his or her schedule would allow for some baby-sitting later in the day or that evening.
6. As your firstborn grows older, be sure you don’t pile on more responsibilities. Alleviate some responsibilities and give them to the younger children, as they are capable of taking these jobs on.
7. When your firstborn is reading to you and has trouble with a word, don’t be so quick to jump in with a correction. Firstborns are extremely sensitive to criticism and being corrected. Give help when they ask for it.

Tips for Parenting Middle Born Children

1. Recognize that many middle born children are prone to avoid sharing how they really feel about things. You may want to set aside time for the two of you to talk.
2. Take extra time to help your middle child feel special.
3. Set up some regular privileges that your middle child can count on having or doing every day or week. It might be as simple as watching a specific TV program without interference from other family members or it may be taking this child/youth to their favorite restaurant.
4. Give your middle child something new, something not handed down from older children. (An article of clothing, a book, etc.)
5. Listen very carefully to your middle child’s answers or explanations of what is going on, what they think of certain situations, etc. The desire to avoid conflict and not make waves may get in the way of the real facts. You may have to remind them that they aren’t going to get into trouble, and that you REALLY do want to know how they feel and what they think.
6. Make sure that your family photo album has as many pictures of your middle born as of your firstborn. Don’t let your middle born fall victim to seeing thousands of pictures of the older brother or sister and only of few of them.
Tips for Parenting Last Born Children

1. Be sure that your lastborn has his/her fair share of responsibilities around the house. Lastborns often wind up with very little to do for two reasons, 1) they are masters of ducking out of the work that needs to be done, 2) they are so little and helpless that the other family members decide it is easier to do the jobs themselves.

2. Along the same lines, be sure that your lastborn doesn’t get away with murder in regard to family rules and regulations. Research suggests that the lastborn child is least likely to be disciplined and least likely to have to obey rules.

3. Notice your lastborn’s accomplishments. They often feel lost in the shuffle and that nothing they do is important.

4. Start your lastborn child reading very early. Six months is an ideal time to start reading to them. When your lastborn starts to read, don’t do the work for them. Lastborns are well known for being the poorest readers in the family.

5. Really follow through and call your lastborn’s bluff. Be consistent in your consequences. If you say, “unless you do such and such you will lose the privilege of...” make sure you follow through. Lastborns are usually let off the hook.

6. Be very aware of whether you are neglecting your last born due to the lack of time that you have now. Let other things go if you need to in order to provide time for each child.

* Taken from The Birth Order Book, by Dr. Kevin Leman
BIRTH ORDER

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This is not a comprehensive list by any means, but is just a sampling of the type of research that has been done. Recent research on self esteem and birth order suggests that last born females have higher overall self concepts than other birth order/gender positions.