

# Table of Contents

<b>Preface .....</b>	<b>xxi</b>
Orientation of the Book .....	xxi
Format of the Book.....	xxii
Learning Aids .....	xxiii
Acknowledgments .....	xxiii

## **PART ONE**

<b>Introduction, Theories, and Foundations of Child Development.....</b>	<b>1</b>
--	----------

### **Chapter 1**

<b>Basic Foundations in Child Development.....</b>	<b>3</b>
Case Studies: Sarah and Carlos .....	4
Introduction: What is Child Development? .....	4
The Roots of Child Development.....	4
Biology .....	4
Sociology.....	5
Anthropology.....	5
Why Study Child Development? .....	5
The Three Developmental Domains of Child Development .....	6
Physical Development .....	6
Cognitive Development .....	6
Social Emotional Development.....	7
Developmental Stages of Childhood .....	7
Prenatal Stage (Conception to birth) .....	7
Infancy and Toddlerhood (Birth to 3 years) .....	7
Early Childhood (3 to 6 years) .....	8
Middle Childhood (6 to 12 years) .....	8
Adolescence (12 to 18 years) .....	8
Emerging Adulthood (18 to about 25 years).....	8
Principles and Issues in Child Development .....	8
Critical or Sensitive Periods in Child Development .....	9
Continuous vs. Discontinuous Development .....	9
Nature vs. Nurture .....	10
The Scientific Study of Children .....	10
Systematic Observation.....	10
Case Study.....	12
Interview Method .....	13
Experiment .....	14
Correlational Research Quasi Experiment.....	15
Choosing a Method to Study Children .....	16
Research Perspectives.....	16
Longitudinal Design: Follow the Children.....	16
Cross-Sectional Design .....	17
Mixed Design .....	18
Ethical Considerations in Studying Children.....	18

Summary .....	19
Important Terms .....	20
Related Resources .....	20
Websites .....	22

## Chapter 2

<b>Theories of Child Development .....</b>	<b>23</b>
What is a Child Development Theory? .....	24
Learning Theories of Child Development .....	24
Ivan Pavlov’s Classical Conditioning: Learning by Association .....	24
Skinner’s Operant Conditioning: Radical Behaviorism .....	26
Bandura’s Social Cognitive Theory .....	28
Critique of Learning Theories .....	30
Psychoanalytic Theories of Child Development .....	31
Freud’s Psychosexual Theory of Child Development .....	31
Freud’s Levels of Awareness .....	31
Freud’s Three-Part Structure of Personality .....	32
Stages of Psychosexual Development .....	32
Defense Mechanisms: Unconscious Deception of Oneself .....	33
Freud Today .....	34
Erikson’s Psychosocial Theory of Human Development .....	36
Erikson’s Eight Stages or Crises .....	37
Critique of Psychoanalytic theories .....	39
Cognitive Theories of Child Development .....	39
Piaget’s Cognitive Developmental Theory .....	40
Piaget’s Four Stages of Cognitive Development .....	41
Operation .....	42
Organization .....	42
Adaptation .....	43
Critique of Piaget .....	44
Vygotsky’s Sociocultural Theory .....	45
Natural Development .....	45
Scaffolding .....	46
Language .....	46
Zone of Proximal Development (ZPD) .....	46
Vygotsky’s View on the Importance of Play .....	47
Critique of Vygotsky’s Sociocultural Theory .....	47
Information-Processing Theory .....	48
Critique of Information Processing Theory .....	49
Biological and Ecological Theories of Child Development .....	50
Gesell’s Ontogenetic Theory .....	51
Critique of Gesell .....	52
Ethology .....	52
Biological Bases of Temperament and Other Traits .....	53
Critique of Biological Theories .....	53
Bronfenbrenner’s Bioecological Theory of Child Development .....	53
Bronfenbrenner’s Five Environmental Systems .....	54

Critique of Bronfenbrenner’s Bioecological Theory.....	55
Comparison of Theories .....	57
Summary .....	59
Important Terms .....	60
Related Resources.....	61
Readings .....	61
Websites .....	62

## **PART TWO**

### **Pregnancy And Birth.....63**

#### **Chapter 3**

<b>Prenatal Development and Birth.....</b>	<b>65</b>
Conception (Fertilization).....	66
The Science of Genetics .....	68
Mendel’s Principles of Inheritance .....	68
Postmendelian Principles of Inheritance .....	69
Genetic and chromosomal disorders.....	71
Genetic Disorders .....	71
Chromosomal Abnormalities .....	72
Prenatal Development and pregnancy .....	77
The Three Stages of Prenatal Development .....	77
The Fetal Stage (8 Weeks to Birth) .....	79
Issues in Prenatal Development.....	83
Environmental Chemicals .....	86
Other Maternal Factors That Can Harm an Unborn Baby.....	86
The Mother’s Emotional State and Stress .....	86
Parental Age .....	86
Maternal Nutrition During Pregnancy .....	87
Fetal Evaluation .....	88
Birth and the newborn baby.....	88
Conventional Birthing Choices .....	88
Alternatives Birth Choices.....	89
Free-Standing Birth Centers .....	90
the three stages of labor or childbirth .....	90
Second Stage: Baby Expulsion—The Birth of a Baby.....	90
Third Stage: Placental Expulsion .....	90
Summary .....	91
Related Resources.....	92
Websites .....	94

## **PART THREE**

### **Infancy and Toddlerhood -The First Three Years.....95**

#### **Chapter 4**

<b>Physical Development in Infancy and Toddlerhood (0 to 3 years).....</b>	<b>97</b>
--	-----------

The First Three Years: the Newborn Baby Through Toddlerhood .....	98
Why Do We Study Physical Development? .....	98
Directions of Physical Development: Down and Out .....	98
Cephalocaudal Development .....	101
Proximodistal Development .....	101
What is the Newborn baby Like? .....	101
Physical Characteristics of the Newborn .....	101
Transition from Fetal to Newborn Vital Functions .....	102
Reflexes: Our Inborn Physical Skills .....	103
Determining a Newborn's Health with Neonatal Scales .....	104
The Apgar Scale .....	104
The Brazelton Neonatal Behavioral Assessment Scale .....	105
States of arousal .....	105
Regular Sleep .....	105
Irregular Sleep .....	105
Drowsiness .....	106
Alert Inactivity .....	106
Waking Activity and Crying .....	106
Individual Differences Among Newborns .....	106
Growth in Height and Weight .....	107
Nonorganic Failure-to-Thrive Syndrome .....	107
Changes in Shape .....	108
Changes in Skeletal Structure .....	108
The Growth of the Brain .....	109
Myelination .....	110
Synaptic Pruning .....	110
Cerebral (Dominance) Lateralization: Brain Specialization .....	110
Effect of Brain Development .....	111
The Role of Plasticity in Brain Development .....	111
Nutrition .....	112
Bottle-Feeding Versus Breast-Feeding .....	112
Early Sensory Capabilities .....	113
Vision .....	114
Hearing (Audition) .....	117
Smell .....	117
Taste .....	118
Touch .....	118
Early Motor Development .....	118
Some Milestones in Motor Development .....	119
Hand Control .....	120
Influences on Motor Development .....	121
The Influence of Genetics on Motor Development .....	121
The Influence of Environment on Motor Development .....	122
Illnesses and Death in Infancy .....	123
Infant Illnesses .....	124
Infant Death .....	124
Sudden Infant Death Syndrome (SIDS) .....	125
Summary .....	126

Important Terms .....	127
Related resources .....	128
Readings .....	128
Websites .....	128

## Chapter 5

<b>Cognitive Development in Infancy and Toddlerhood (0 to 3 years) .....</b>	<b>129</b>
Learning .....	130
Types of Learning in infancy and toddlerhood.....	130
Habituation .....	130
Classical Conditioning .....	132
Operant Conditioning .....	132
Three Views of Intellectual Development .....	132
Calculating IQ: The Mental-Age Concept .....	132
Tests of Infant Development and Intelligence .....	133
Piaget’s Cognitive-Developmental Approach to Intellectual Development .....	134
The Sensorimotor Stage (0-24 months).....	135
Theories of Language Development .....	142
Behaviorist Theory .....	142
Nativism: A Biological Predisposition to Language Development .....	143
Interactionism: Environment and Heredity in Language Development.....	145
The Beginnings of Language Development .....	145
Understanding Language .....	146
Prelinguistic Vocalization: Sound Without Words .....	147
Linguistic Speech .....	147
Summary.....	148
Important Terms .....	149
Related Resources.....	150
Readings .....	150
Websites .....	150

## Chapter 6

<b>Social Emotional Development in Infancy and Toddlerhood (0 to 3 years).....</b>	<b>151</b>
Two Theories of Early Personality Development .....	152
Freud’s Psychosexual Theory .....	152
Erikson’s Psychosocial Theory .....	153
Critique of Freud’s and Erikson’s Theories .....	154
Emotional Development .....	154
The Emergence of Emotions .....	155
Three Expressions of Emotions: Crying, Smiling, and Laughing.....	155
Infant Temperament: A Genetic Origin? .....	158
The New York Longitudinal Study (NYLS).....	158
Implications of the New York Longitudinal Study .....	159
The Family and Psychosocial Development .....	160
The Role of the Mother .....	160
Attachment: The Emotional Tie That Binds .....	162
Ainsworth’s Strange Situation: Measuring Strength and Quality of Attachment .....	163

Maternal Employment ..... 166  
 Day Care ..... 167  
 The Changing Role of Father ..... 168  
     Social Referencing ..... 170  
 Disruptions in Parent-Child Relationships ..... 170  
 Social Development ..... 173  
     Individual Differences in Social Development ..... 174  
 Summary ..... 174  
 Important Terms ..... 175  
 Related resources ..... 175

**PART FOUR**

**Early Childhood..... 177**

**Chapter 7**

**Physical Development in Early Childhood (3 to 6 years)..... 179**  
 physical Appearance and Growth Changes ..... 180  
     Changes in Appearance ..... 180  
     Growth in Height and Weight ..... 180  
     Development of the Lymphatic System ..... 183  
 Motor Development ..... 184  
     Motor Development at Age Three ..... 184  
     Motor Development at Age Four ..... 185  
     Motor Development at Age Five ..... 186  
     Gender Differences in Motor Development ..... 186  
 Nutrition ..... 186  
     Fast-Food Restaurants ..... 187  
     Marketing Unhealthy Foods to Children ..... 187  
 Health ..... 188  
     Major Illnesses ..... 188  
     Dental Health ..... 190  
     Dental Care ..... 190  
     Sleep: Normal and Abnormal ..... 191  
     Types of Sleep Problems ..... 191  
     What Can Be Done About Sleep Problems? ..... 192  
     Accidents ..... 193  
     Stress ..... 194  
     Death of a Family member ..... 195  
     Effect of Death ..... 195  
 Poverty ..... 195  
     Effects of Poverty ..... 196  
     Thumb Sucking ..... 197  
 Child Abuse ..... 198  
     Physical Abuse ..... 198  
     Sexual Abuse of Children ..... 200  
     Who is the Abused Child? ..... 200  
     Treatment for Abused Children ..... 200

Summary .....	201
Important Terms .....	202
Related resources .....	202
Readings .....	202
Websites .....	203

## Chapter 8

<b>Cognitive Development in Early Childhood (3 to 6 years).....</b>	<b>205</b>
Piaget’s Preoperational Stage (Ages 2 to 7) .....	206
The Use of Symbols: Mental Representation .....	206
Understanding Identity Constancy .....	207
Understanding Relationships.....	207
Limitations of Preoperational Thought .....	207
Inability to Understand Death .....	213
Evaluation of Piaget’s Preoperational Stage .....	213
The Psychometric Approach to Measuring Intelligence .....	214
The Stanford-Binet Intelligence Scales .....	214
The Wechsler Preschool and Primary Scale of Intelligence—Revised (WPPSI-III) .....	215
The McCarthy Scales for Children’s Abilities (MSCA).....	215
The Kaufman Assessment Battery for Children (K-ABC-II) .....	215
The Information-Processing Approach to Memory .....	216
Recognition .....	217
Recall .....	218
Memory Development in Early Childhood.....	218
Factors that Influence Intellectual Development .....	218
Relationship of Parenting Style to Children’s Intellectual Development .....	219
Socioeconomic Status and Children’s Cognitive Development .....	220
Day Care and Preschool in Early Childhood .....	220
Day Care for Preschoolers .....	221
How to Select a Quality Day-Care Center .....	221
Effects of Day Care .....	221
Preschool .....	222
Evaluation of Preschool.....	223
Compensatory Preschool Education .....	224
Project Head Start: The War on Poverty .....	224
The Carolina Abecedarian Project .....	226
Kindergarten (A Garden for Children).....	227
Television and Technology .....	228
Language in Early Childhood .....	230
Vocabulary Development .....	230
Pronunciation .....	230
Formation of Phrases.....	231
Sentence Formation and Grammar .....	231
Private Speech .....	231
From Private, Egocentric Speech to Social Speech .....	232
Summary .....	233
Important Terms .....	234

Related resources ..... 235  
 Readings ..... 235  
 Websites ..... 235

**Chapter 9**

**Social Emotional Development in Early Childhood (3 to 6 years) ..... 237**  
 Freud’s Phallic Stage (3 to 6 Years) ..... 238  
     The Oedipus Complex ..... 238  
     The Electra Complex ..... 239  
     Development of the Superego ..... 239  
     An Evaluation of Freud’s Phallic Stage ..... 239  
 Erikson’s Crisis III: Initiative Versus Guilt (Ages 3 to 6) ..... 240  
     Evaluation of Erikson’s Theory ..... 240  
 Gender-role Development ..... 241  
     Explanation of Terms ..... 241  
     Gender (Male - Female) Differences ..... 242  
 Origin of Biological Gender Differences ..... 242  
 Theories of the Origin of Acquired Gender Differences ..... 244  
     Psychoanalytic Theory ..... 244  
     Cognitive-Developmental Views of Gender-Role Acquisition ..... 244  
     Bem’s Gender-Schema Theory ..... 245  
 Psychological Androgyny: A New Perspective on Gender Typing ..... 246  
     Teaching Children to be Androgynous ..... 246  
     An Evaluation of the Androgynous Lifestyle ..... 247  
 Three environmental factors Which Shape Gender-Role Development: Family, Culture, and Television 247  
     Influence of the Family on Gender Roles ..... 247  
     The Role of Culture in Gender-Role Development ..... 249  
     The Role of Television in Gender-Role Development ..... 249  
 Fears in Early Childhood ..... 250  
     Why are Children Afraid? ..... 250  
     Phobias ..... 251  
     Preventing and Treating Fears ..... 251  
 Behaviors in Early Childhood ..... 252  
     Prosocial Behavior: Helping Others ..... 252  
     Aggression ..... 254  
     Play ..... 255  
 Peer Relationships ..... 258  
     Popularity with Peers ..... 258  
     Functions of Peer Relationships ..... 259  
 Summary ..... 259  
 Related resources ..... 260  
     Readings ..... 260  
 Important Terms ..... 260  
     Websites ..... 261

**PART FIVE**

**Middle Childhood ..... 263**



**Chapter 10**

<b>Physical Development in Middle Childhood (6 to 12 years)</b> .....	<b>265</b>
Physical growth in middle childhood (Ages 6 to 12) .....	266
Increases in Height and Weight.....	266
Changes in Body Proportions.....	267
Brain Development .....	267
Variations in Physical Growth .....	268
Abnormal Growth .....	268
Deprivation Dwarfism .....	269
Obesity .....	269
Nutrition and Physical Growth .....	272
Malnutrition .....	272
Nutritional Supplements for Undernourished Children .....	273
Health and Safety Concerns .....	274
Illnesses in Middle Childhood .....	274
The need for exercise. ....	275
Visual Development and Problems .....	275
Hearing Problems .....	278
Dental Development, Problems, and Care .....	279
Heart Disease .....	281
Accidents and Safety Precautions .....	282
Motor Development .....	283
Gender Differences in Motor Skills .....	284
Handedness .....	284
Important Terms .....	286
Related resources .....	286
Readings.....	286
Websites .....	287

**Chapter 11**

<b>Cognitive Development in Middle Childhood (6 to 12 years)</b> .....	<b>289</b>
Piaget's Stage of Concrete (Observable) Operations (From About 7 to 11 Years).....	290
Conservation .....	291
Seriation and Transitivity .....	291
Classification .....	293
Dealing With Numbers: Understanding Numerical Concepts .....	293
Moral Development: Four Theories .....	294
Jean Piaget's Two-Stage Theory of Moral Development .....	294
Kohlberg's Moral Dilemmas: The Child as a Moral Philosopher.....	296
Selman's Role-Taking in Moral Dilemmas .....	297
Bandura's Social Cognitive Theory of Moral Development .....	299
Critique of Theories of Morality .....	299
Information-Processing and Memory .....	301
Three Kinds of Memory Systems: The Three-Stores Model .....	302
Mental Strategies for Improving Short-term (Working) Memory .....	303
The Psychometric Approach to Measuring Intelligence .....	304
The Wechsler Intelligence Scale for Children (Fourth Edition), or WISC-IV.....	305

Validity of Intelligence Tests ..... 305  
 Sternberg’s Triarchic (Three-Factor) Theory of Intelligence ..... 306  
 Differences Among Intelligence Test Scores ..... 306  
 Attempts to Construct a Culture-Fair Intelligence Test ..... 308  
 Language Refinement in Middle Childhood ..... 309  
     Acquisition of More Precise Word Meanings ..... 310  
     Children’s Humor ..... 310  
     Helping Children to Communicate..... 310  
 The Middle Childhood student in School ..... 311  
     A Teacher’s Influence and the Self-fulfilling Prophecy..... 311  
     Textbooks in the Educational Process ..... 312  
     Educating Disabled Children ..... 314  
 Summary ..... 316  
 Important Terms ..... 317  
 Related Resources ..... 318

**Chapter 12**

**Social Emotional Development in Middle Childhood (6 to 12 years) ..... 319**  
 The Development of a Self-Concept ..... 320  
     Development of the Private Self ..... 321  
     Self-Esteem: An Evaluation of One’s Own Worth ..... 322  
 Four Theoretical Perspectives on the Development of Self-Concept ..... 324  
     Freud’s Psychosexual Theory - Latency Stage (Ages 6 to 11) ..... 325  
     Erikson’s Psychosocial Theory - Stage IV: Industry Versus Inferiority (Ages 6 to Puberty) ..... 325  
     Piaget’s Cognitive-Developmental Theory ..... 325  
     Bandura’s Social Cognitive Theory ..... 326  
 Social Emotional Development ..... 326  
     The Peer Group ..... 327  
     Prejudice and Discrimination ..... 328  
     Popularity ..... 329  
 Family influence in middle childhood ..... 330  
     Discipline ..... 331  
     Parenting Styles ..... 331  
     Maternal Employment ..... 332  
     Children of Divorce ..... 334  
     The One-Parent Family ..... 337  
 psychological and Emotional Disturbances in Middle Childhood ..... 339  
     Childhood Depression ..... 339  
     Separation Anxiety Disorder ..... 342  
     Obsessive-Compulsive Disorders (OCD) ..... 343  
 Summary ..... 345  
 Important Terms ..... 346  
     Related Resources ..... 346

**PART SIX**

**Adolescence ..... 349**

**Chapter 13**

<b>Physical Development in Adolescence (12 to 18 years)</b> .....	<b>351</b>
Adolescence: The “In-Between” Stage .....	352
Pubescence: The Physical Transitions Leading to Sexual Maturity .....	353
The Pubescent Growth Spurt .....	353
Primary Sex Characteristics .....	355
Secondary Sex Characteristics .....	355
Puberty: the Attainment of Sexual Maturity.....	355
The Secular Growth Trend: Declining Age of Maturity .....	356
Psychological Impact of Puberty .....	357
Nutrition .....	358
Eating Disorders .....	359
Psychoactive Substance Abuse .....	362
Alcohol .....	363
Smoking: A Major Cause of Death .....	365
Marijuana .....	367
Sexually Transmitted Diseases (STDs) .....	369
Acquired Immune Deficiency Syndrome (AIDS) .....	369
Chlamydia: The Silent STD .....	371
Herpes Simplex, Type 2 (Genital Herpes) .....	371
Illness and Death in Adolescence .....	373
Acne (Vulgaris) .....	373
Cerebral Palsy: A Nerve and Muscle Disorder .....	374
Suicide .....	375
Summary.....	378
Important Terms .....	379
Related Readings .....	379

**Chapter 14**

<b>Cognitive Development in Adolescence (12 to 18 years)</b> .....	<b>381</b>
Piaget’s Formal Operations	
(Ages 11 to 14 or 15) .....	382
Piaget’s Pendulum Problem .....	382
The Poker-Chips Problem and Propositional Thinking .....	384
A New Outlook on Life .....	385
What Brings About Formal Operations?.....	385
Are There Gender Differences in Formal-Operational Thinking? .....	386
Evaluation of Piaget’s Formal Operations .....	386
Adolescent Idealism and Egocentrism .....	387
Moral Development .....	388
Kohlberg’s Level III: Postconventional Moral Thought (Young Adulthood or Never) .....	389
An Application of Kohlberg’s View of Moral Development.....	389
Level III: Postconventional Morality (Reached by about 60 percent of adults) .....	390
What Causes Adolescents to be Moral?.....	392
Cultural Differences in Moral Development .....	392
Evaluation of Kohlberg’s Postconventional Level of Morality .....	392
American Education .....	393

Dissatisfaction with American Education ..... 394  
 Causes of Dissatisfaction with American Education ..... 395  
 How Can American Education be Saved? ..... 395  
 Influences on Achievement in School ..... 398  
 School Dropouts ..... 402  
 Why Do Students Drop Out of School? ..... 402  
 Later Careers of School Dropouts ..... 402  
 The Pursuit of a Vocation ..... 403  
     Parental Influences ..... 403  
     Gender Differences in Choice of a Vocation ..... 404  
     Interest and Aptitude Tests ..... 404  
 Summary ..... 406  
 Important Terms ..... 407  
 Related resources ..... 408

**Chapter 15**

**Social Emotional Development in Adolescence (12 to 18 years)..... 409**  
 Theoretical Perspectives on Adolescent Personality ..... 410  
     G. Stanley Hall: “Storm and Stress” of Adolescence..... 411  
     Margaret Mead: Cultural Influence on Personality Development ..... 412  
     Sigmund Freud: Genital Stage (About Ages 11 to 14) ..... 413  
     Anna Freud: Ego Defenses..... 414  
     Erik Erikson’s Crisis V: Identity Achievement Versus Identity Diffusion (About Ages 12 to 18) 416  
     James Marcia’s Identity Statuses: Crisis and Commitment ..... 418  
 Personal Relationships in Adolescence: Peers Versus Parents..... 420  
     Relationships With Parents ..... 420  
     Peer Groups in Adolescence ..... 421  
 Adolescent Sexuality ..... 424  
     Sex Surveys ..... 425  
     Petting ..... 426  
     Masturbation ..... 426  
     Premarital Sexual Intercourse ..... 427  
     Causes of Increase in Premarital Sexual Intercourse ..... 427  
     Teenage Pregnancy: Children Having Children ..... 429  
     Parental Influences on Healthy Sexual Attitudes ..... 430  
     Use of Piaget’s Formal-Operational Reasoning to Deal with Children’s Sexuality ..... 431  
     Helping the Teenage Mother ..... 432  
 Juvenile Delinquency..... 432  
     Causes of Juvenile Delinquency..... 433  
     Treating the Juvenile Delinquent ..... 434  
 Summary ..... 436  
 Important Terms ..... 437  
**Glossary of Child Development Terms..... 439**  
**Bibliography ..... 469**  
**Index..... 521**