

Ivan Santiago

Child Psychology

Unit 5

Question 1

Santrock (2014) defines emotions as “feelings, or affects, that occurs when people are in a state or an interaction that is important to them, especially one that influences their wellbeing.” To explain the importance of emotions of child development I will take two factors into account. First, emotions, especially in infants, is the only way for them to communicate with the people in their environment. With speech absent in infants, displaying emotions is how they inform their caregiver’s that something is needed, or that they are okay in their space. The second important factor regarding emotions in child development is physiological. Showing signs of emotional development is a sign of development in the nervous system and its structures such as the limbic system (Santrock, 2014).

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The three types of cries that babies display are the basic cry, the anger cry, and the pain cry. According to Santrock (2014), the basic cry of an infant consists of a rhythmic pattern, first the initial cry, which is followed by shorter but higher pitch cry and so forth. The anger cry is similar to the basic cry with the difference being that more air is pushing out (Santrock, 2014). Lastly, the pain cry is described by Santrock (2014) as a long sudden cry with bouts of breath holding. Despite there not being any universal way of reacting to each type of cry, parents should seek to sooth the infant, especially if they are following the advice from the text. Many factors will affect how parents do react. Cultural up-bringing is just one way that may determine how a parent soothes or does not sooth their infant. When it comes to the anger cry there is or at least there should be more differences in how parents react. This will depend on how the parents intend to rear their child. Although the text does say that spoiling does not occur within the first year so parents that are afraid of spoiling need not worry.

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Question 7

The Oxford dictionary defines stress as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. As universal the concept of stress is, there is no one way for someone to handle or even experience it. Furthermore, what one person deems to be stressful may not be stressful to someone else. I would argue that there are inevitable moments of life that are stressful whether we care to admit it or not. Times such as high school and college are going to have some type of stress attached to it regardless if you are having the best time or not. From personal experience, I bring more stress to myself than there needs to be. I procrastinate and do not use my time as wisely as I should so I end up doing assignments near the deadline or late and use the excuse that I use the stress from the deadline to motivate me to turn in the assignments. That type of stress is avoidable, whereas other life moments are out of our control. A great example is my car broke down while I was in New Jersey. I had to figure how to get it towed back to my house and now I'm left dealing with what the financial ramifications can/will be. These events tend to remain at the forefront of our minds until we finally settle them.

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Question 10

Often times during conversation you hear a mother or father say that their baby is “easy.” What does this mean exactly? The concept of an “easy” baby pertains to the baby’s temperament, which is the style in which someone responds through behavior and emotions. The three basic types are: easy, difficult, and slow-to-warm-up (Santrock, 2014). Generally, an easy baby is in a positive mood which differs from that of a difficult child which tend to react negatively. Where an easy child adapts readily to new experiences, a difficult child is slow to adapt. Somewhere in the middle between these two lies the slow-to-warm-up child. They are somewhat negative according to Santrock (2014), with low levels of activity and mood. Researchers found in their studies that most children fall into the easy child temperament, while 35% of children do not fall into any distinct category (Santrock, 2014).

My niece who is now 12 years old and my nephew who is 18-months had two different temperaments. My niece would be categorized as an easy child, where my nephew still is a difficult child. He never established a sleep routine and still does not enjoy going to daycare. My niece on the other hand, it was clockwork for her when she was a baby. Every night at or around 3 am she would wake up for her bottle and sleep the rest of the night.