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### **Video Notes: Epigenetics: In Identical twins**

- Identical twins are not necessarily predisposed to develop the same diseases.
- According to the video, the same particular genes in identical twins can or might in many cases give different outcomes for the two just like in the case of the identical mouse in the laboratories where even though they were identical, one was obese while the other weighed half of the other's weight. These differences are explained through genealogical means. While they both share the same pairs of genes, in one of the twins their gene might operate differently causing obesity while in the other it might be off.

2.

In early Western ideas, prenatals and babies were not exceptionally esteemed or considered completely human. Ancient Greek society believed that a conceived kid was more human than the unborn, thus were treated extremely better. Even the great Greek philosopher Aristotle wrongly concluded that the baby was not completely human until "conception," or the place where the mother could feel the embryo move. Additionally, in Roman regulation, newborn children and the unborn were not viewed as completely human until they were conceived and took their most memorable breath. Christianity likewise had a low perspective of prenatals and babies, with unmistakable Church fathers, for example, Augustine and Thomas Aquinas instructing that newborn children and the unborn just acquired a spirit and turned out to be completely human at immersion or after birth. This view endured through the early archaic period and then some. Today, I believe that it is unfortunate to see how we continue to struggle to solve this problem by having everyone siding one view and believing the evidences found that suggest that fetuses since their mother's womb behave as humans, following the same patterns of human behaviors and reactions to environmental factors, even when they themselves are not having direct contact to the external world.

1.

Prenatals and babies have frequently been viewed as mentally incompetent in light of a mix of social, philosophical, and logical assumptions. One of the mistakes of ancient time and even in most recent times, but still pre-technological times, is that they were examining and drawing conclusions about a matter which they barely had any empirical insights. Without the technological advances we've reached now with the invention of a sonogram, photographs and many more scientific resources that we now have there was little to no insight that could have been packed up by scientific evidence. prenatal and newborn children were believed to be completely dependent on their mother and that without the necessary neurological development they were thought to even be incapable of reasoning and consciousness. Just like in the book it is stated, because of the underdeveloped myelination, it was assumed that adequate neuro

electrical impulses or signals weren't being conducted from neuron to neuron in the infant's brain. This view was impacted by the thoughts of ancient Greek rationalist Aristotle, who accepted that the brain and soul were just full grown after birth and that prenatal and newborn children were simply actual elements. This view was likewise upheld by the restricted logical comprehension of newborn child improvement during that time.

At last, cultural perspectives towards women and kids additionally affected the impression of prenates and babies as mentally dormant. Women were in many cases considered of not so much social esteem compared to men and kid raising was viewed as an optional job, prompting a negligence for the close to home and mental encounters of babies and prenates and showing little real care for the babies well-being.

Today, a considerable lot of these convictions have been tested by logical examination on baby improvement and mind capability, which has been suggested, according to chapter one and the video by ted talker Annie who listed a number of learning abilities in prenatal period.

5. With the 19th century came a broad and immense bag of scientific advancement that became a challenge to many of the traditional unscientific assumptions that for years had been taken for granted as if they presented factual information. With the development of psychology in the 19th enters a new era of social and psychological well-being. People with psychopathologies and disorders which in other times were esteemed as terminal disorders and untreatable ones began to find new venues for the sake of those peoples in need. In that same order, advances in the field allowed a new wave of informed studies to show evidence of the one fact that had been ignored for centuries since the ancient Greek philosophers. Things that hadn't been questioned before were questioned starting with the fact that infants, and prenates does claim an independence in existence which shall not be exclusively associated with their mothers. By the mid 20th century, psychoanalysts like Sigmund Freud, Jean Piaget, Erik Erikson and Frank Lea, had grown new speculations about the mental advancement of infants, and these hypotheses assisted with molding how we might interpret prenates and babies as dynamic, conscious beings with their own feelings and personhood and sense of awareness. Lastly, such advances have immensely shaped the waves and path towards new discoveries in favor of the matter which allows us to raise awareness in order to better understand and improve treatment of the pregnancy period, as well as advocating for the necessary regulations in current laws.

## **Chapter 2:**

6.

1. The first phase Frank Lake establishes is the idea that when the mother is experiencing high distress it will also affect the fetus.
2. The second phases faces the concept viceversa and it is now that just like the mother's stress affect the fetus, the fetal' distress can as well affect the mother, which is what he would name as a influence which is bi-directional, where he emphasizes that between a dynamic relationship on two parties there's a two way street that will bring and send influences both ways.

3. Third phase emphasizes the importance of the close to home connection between the mother and embryo. Lake suggested that the close to home connection between the mother and embryo was critical for ideal fetal turn of events and that disturbances in this bond could have negative outcomes for the mother and embryo.
4. The fourth paradigm emphasizes the importance of the contexts in which the baby will be born to, meaning the mother's cultural context, external environment, forces which will constitute a strong influence and factor to many of the issues and struggles in the baby's behavior and what will contribute to or affect the development of the infant.
7. Frank Lake used a series of studies which he conducted on pregnant women through observation of their behavior and their seasonal progress in the very stages of pregnancy. He also conducted clinical case studies on particular women who had experienced distress during their pregnancy to measure how much of the distress was later on to affect the fetus at birth. Also, through the use of devices he recorded and measured the babies's behavior, as well as reaction of their mother's behaviors or even to their voices, measuring a learning mechanism that showed how much or if any the fetus could recognize his/her mother's voice. Lastly, I do feel that Lake's studies were in fact helpful to the advancement of further research and examinations of the findings

9. The research study article I read is title; "Prenatal stress and child development: A scoping review of research in low- and middle-income countries,"

According to the article, the emphasis of the study was to test the relationship between prenatal stress and child development. The result suggested a high relationship between prenatal stress and different consequential outcomes that were negative to the development of the infant. Consequences such as stress, anxiety, depression and other disorders experienced by individuals that either had struggled or that their mother experienced high stress during pregnancy.

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