

Unit 1 Essay

Required Question: This is a time of some of the most rapid and critical changes in human development. Some of the physical changes are body size (height and weight), expansion of fine motor skills and formation of teeth. Physiological changes seen at this time are the development of the immune system including immunity, increased cognitive and sensory ability and the establishment of patterns of sleep, etc. Also, there is increase growth of language and communication skills.

Chapter 2

2. Genotype refers to what you inherit genetically from your parents that influence the development of your physical and behavioral traits. Phenotype on the other hand refer the observable physical and behavioral traits that are the result of the interaction between the genotype and one's environment.

4. Genetic Disorders:

- Down Syndrome-A genetic disorder caused by an extra copy of the chromosome 21. It results in both physical and intellectual disabilities. Those with the disorder have a distinct facial appearance and may have other health problems.
- Turner Syndrome- A chromosomal disorder that affects only females. It causes women to have only one X chromosome rather than two. Those with this illness have physical and developmental abnormalities such as short stature, infertility and hearing loss.
- Hemophilia-This genetic disorder affects the body's ability to clot blood, as a result one could bleed to death from even minor cuts or injury,

Chapter 3

14. Both patterns of development are important when considering how different parts of the body mature and how motor skills develop over time in infants and early childhood.

Cephalocaudal development refers to development from the head to the tail end of the body. This means children will gain control of the body from the top of the body downwards. For example:

- Infants first gain control over the head and neck, then the midsection and finally down to the limbs.
- Development of fine motor skills will start with reaching and grasping, then crawling and walking become more coordinated.

Proximodistal development is the patter of physical development that progresses form the body's center outwards. For example:

- Infants first gain control over their torso and then the limbs.
- Development of gross motor skills such as crawling and walking occur before fine motor skill such as reaching and grasping.

17. Pros of Breast Feeding:

- Provides baby with customized balance of vitamins, nutrients and antibodies to support growth and development.
- Builds a strong bond between mother and child.
- Convenient and readily available without the fussy and mess of bottles.
- Cheaper than formula feeding.

Cons of Breast Feeding:

- Can be physically and emotionally demanding for the mother (especially in early stages).
- Some mothers may experience difficulties with the lactation process or may have health issues that prevent breastfeeding.
- Public breastfeeding may not be culturally acceptable in all environments.

Pros of Bottle Feeding:

- Allows more caregivers to participate in feeding the child and can give mothers a break.
- Offers a more convenient option for mothers that work outside the home or have limited time to breastfeed.
- Easier to measure the amount baby is consuming.

Cons of Bottle Feeding:

- Cost of formula can be very expensive.
- Formula doesn't offer the same immune benefits as breast milk.
- Formula prep can be time consuming and requires cleaning of bottles.

Chapter 4

40. Infant smiling and crying play an important role in both cognitive and social development in the first year of life. By observing these behaviors researchers and caregiver gain valuable insights into development of the child. From a cognitive development standpoint the timing and frequency of an infant's smiling or crying can give clues about the development of cognitive abilities such as memory, attention and problem solving. For example, facial recognition and attention span development can be gauged by the timing of smiles. Likewise, the frequency and duration of crying can indicate the growth of problem solving skills and ability to regulate emotions. Crying and social smiling indicate social development of communication and attachment.

43. Both Mahler's and Erickson's theories place emphasis on the importance of the caregiver-infant relationship in the development of independence and self during infancy. However, Mahler's theory is more focused on the specific stages of separation-individuation. Meanwhile, Erikson's theory focuses more on the resolution of psychosocial problems and the development of a stable sense of self over the span of one's lifetime.