

Miya Kim

PSY 244_ Unit 2 Essay

Required Question

There are obvious changes and developments in early childhood, and the body and physiology of young children between the ages of 2 and 7 are growing rapidly. During this stage, they gain an average of 5 to 7 pounds per year and about 1.5 inches in height, however, the heredity and the environment are also playing part early children's height growth.

The brain is continuing to develop in early childhood, that its dendrites increase and the myelination that cover the axons for spreading information through the neuron is associated with the cognitive development. That is, the dramatically maturation of the nerve system combining with the experiences of the child, have continued to foster and improve in the ability to process information, coordinating their moves, and higher cognitive skills.

Their motor skills are getting more skilled due to their development of both large muscle and small muscle, that their gross motor skill as the ability to run and jump and fine motor skills as they can now pick up the tiny bead and building blocks. By 5 year old, they are able to use lego to build simple houses because of their continuous improvement in coordination.

The sleeping span at early childhood is around 11 ~ 13 hours on average, and some may need an hour naps during the day. It is to note that the deprivation of sleep at this stage is the link to the obesity and ADHD.

They also show rapid development of cognitive abilities. Piaget proposed this stage as the preoperational stage of their symbolic thinking, where they begin to reason and form concepts.

He suggests that this stage is characterized by the lack of conservation skills, and are not yet to be able to perform logically thinking. According to the Vygotsky's theory, it emphasizes the child's zone of proximal development as it is taken part in their learning with the support of the more skillful others, such as teacher or parents.

As their cognition grows, short-term memory gradually improves, and their language skills develop significantly. Jean Bark's study showed their understanding in phonology as their sensitively in sounds of words and morphology rules as how words form, and their vocabulary increase at this time.

Chapter 5

Questions 1.

Children rapidly grow in height and weight after birth, they grow double in their height by the first year and slow down when emerging into early childhood. They continue to grow stable and gradually in their height at this time. There are many factors playing roles in the height of children, the most important two are the genetic makeup and the environment. That is, the heredity and how the children being nurturing in terms of dietary habits and the amount of physical activity in the early childhood.

The ethnics of the certain group have taller genes than other groups, such as the African American children are taller than Asian children generally, which is involve in the heredity of the ethnic origin. It is found that children in better environment, nutritious upbringing and middle class are taller than children grow in countryside and low-socioeconomic. The nutrition and diet are also play the important role in the growth of children's height, as well as the outdoor activity

and exercise to encourage the growth of the height. However, the inheritance of height from the family has believed to have the bigger part in children height.

Questions 2.

The most critical part of physical development in early childhood is the brain, whose nervous system continues to mature and form as the child experiences stimuli from the environment. The rapid growth in cognitive development during early childhood has a lot to do with the maturation of neurons and their nervous systems. While myelination is part of the developmental process of the nervous system.

Myelination is the insulating covering of nerve fibers called axons, which carry messages between the nervous system. Early childhood is the time when this myelination is forming and continues to develop and mature.

The maturation of the myelination is taken an account in the speed of information traveling through the nervous system, and Its maturation effectively promotes cognitive development. Such as the eye-hand coordination, focus and attention function, the ability to perform the higher cognitive thinking skills.

It is to note that myelination is continuing to mature and develop in the brain until the late adolescence or early adulthood, and its development is playing an important role as it helps the connectivity of the brain to provide the cognitive function in the children early stage of development. That is, for the well matured myelination in the brain of children will have better understanding skills, and faster to process information around them.

Questions 5.

Piaget's idea about the early childhood development is not yet fully functioning in its operation in the logical way. That is, Piaget's mean by operation as the ability to reason and plan formally and realistically, and do the calculating mentally, such as subtracting or adding numbers.

Piaget suggest there are four stages in the process of cognitive development in early childhood as the first stage: sensorimotor intelligence, second stage: preoperational thinking, third stage: concrete operational thinking, and the fourth stage: formal operational thinking. That is, the sensorimotor thinking is the beginning go how a child senses the surrounding environment, and distinguishing of themselves and the environment, and then gradually enter the next stage, because preoperational thinking is the stage where children carry out symbolic thinking without a solid, concrete and logical way of process information.

Whereas, in preoperational thinking, there are two substages: symbolic function substage and intuitive thinking substage. Children at this stage can start to vocalize and use language to describe an object from imagining, and the ability to engage in pretend play. However, with the Egocentrism in this stage of the children, they are not yet be able to think and look at things from other's perspective. The substage of intuitive thought is when children are curious about everything around them that they would constantly be asking "why." Children in this substage have acquire and process information in the simple way for them to understand, yet it is not fully ready to understand everything realistically and rationally. In other words, that they are creative and imaginary to the understand the world in their own way.

Questions 11.

Cognitive development in early childhood involves in the process of memory. Infant's memory is short and hardly retained, however along with the development of their brain continually after birth. The memories in infant is recognize as explicit memory and implicit memory, while explicit memory is also identified as short-term memory and long term memory.

In this young age, memory is maintained for about 30 seconds. During this time, if the information is not repeated, it will soon disappear. Whereas, with rehearsal that is by repeating the information in mind to extend the memory of it. Researchers studied memory processes during young children's development with a memory span task to assess memory span. As the result, when presenting several digits in few second, the research found that by 2~3 year-old children are able to remember two digit, and increase to 7 digit by 5 year-old, and only increase about one and half digit by 7~13 year-old. The memory span increase in early childhood is associated with the growth of brain which is the link to the cognitive ability. That is, through the development of their neuronal nervous system, the ability to rehearse from the information they recognize and their processing speed increase. The more a child knows about a subject, the more he/she can learn and remember it, that the more knowledgeable of a certain information can enhance their memory performance to retain the information.

It is also to note that myelination is playing a part in the formation and increasing of the speed information processing, that the study has found its role in the maturation and development to the cognitive growth in early childhood.

Chapter 6

Questions 16.

Erikson proposed eight stages of development in sequence, each with a different time span in a human psychological development. In accordance with Erikson's theory, the Early childhood is at the third stages where children age from 3 to 5 year-old. Children at the early age start to discover themselves as a person and this self-recognition is involved in from the social development. That is, the theory suggests that children experience the conflicts of initiative and guilt, that the crisis of autonomy, and shame of self-doubt is taken part in this period of life span of development.

Children at this stage understand their role in social settings and actively seek to lead, plan or advise among groups. These interactions with others and their experiences will cause the child to feel confident or the sense of incapability. For example, if my daughter of age of 4 has a group play with peers, and her experience as everyone takes in her suggestion on how and what to play, her initiative is successful and autonomy is strengthened. Conversely, if she fails to be accepted as a lead of the group, she may sense of the shame and may also cause her low self-esteem.

Erikson's purpose of initiative vs guilt is emotional formation to early childhood development psychologically, that it is how children feel about themselves, which involves in their social interaction.

Questions 19.

Gender Development in early childhood is influenced biologically, socially and cognitively.

That children in around age 3 begin to form the sense of their gender identity as being a male or female, and learn from their experiences with peers at school and social expectation to acquire what boy do and girls so as the gender role.

Socially, young children observe their mother and father and learn the difference of these two genders in terms of social status, daily roles and their behaviors. That is, family is the very often the first place where they obtain the understanding of genders, when mother praise their daughter for being a good girl of acting girly and father encourage sons' to be brave and acting manly.

Later on its gender development taken on from the peers at school, where this initial social place for early childhood continues to reinforce the ideology of what it is to be a boy and girl. As peers are playing an important role in the formation of gender behavior. For example, girls who wear skirts are popular and praised among their peers, while boys are boyish and engage in rough play to befriend other boys. Hence, children in elementary show their preference to play with the same sex. While the social influence is intertwined with the cognitive development, as children observe and learn from their friends to behave according to their gender is the prove that social cognitive influence are working together to the gender development in early childhood. The social provide the concept for children to form their idea about gender role, and it involve with their cognitive development to make sense about male and female.

Questions 21.

According to Diana Baumrind, there are four types of parenting style as follow:

Authoritarian parenting: This type of parent has a tough attitude and is very strict about making and enforcing rules, with little regard for the social-emotional needs of their children. When children question their parents' demands, authoritarian parents, unlike authoritative parents, will not communicate further with their children, but say "Just do as I ask." These parents have one-way communication with their children, tend to give orders without giving in. Eventually, it is difficult for children to get close to their parents and display stress, fearful and depressed with the lack of warmth and affection. These children are possibly link to the aggressiveness toward others as well.

Authoritative parenting: This type of parent, while strongly personal, communicates with the children on a regular basis: they listen attentively and takes children's opinions, thoughts, and feelings into account. They nurture, support, and try to meet the needs of their children, and guide their children to reason and encourage children to express themselves to establish their children's values. Children with authoritative parents are usually self-disciplined and good at independent thinking. They are better with social skill and emotion regulation.

Neglectful parenting: Parents of this type don't often provide their children with guidance and attention, and find it difficult to form close relationships with their children. This type of Parents have little involvement in their children's lives, and place few demands on their children. Children would be distance from their parent and associated with external issue, such as act out, and less interactive with others.

Indulgent parenting: They usually avoid direct conflict with their children, and tend to agree to their children's requests when they encounter difficulties or pressure. They usually let their children do what they want without giving much guidance and advice. That is, this excessive toleration may turn into connivance. When children face setbacks during their growth, they may tend to give up quickly. These children are self-center and have poor interpersonal skill with peers.

Questions 26.

Play is an essential activity in the process of children development, and it fulfills both developmental and educational goals and function.

Many researchers believes that play function in varied aspects in the cognitive development of young children effectively. According to Piaget and Vygotsky, their theories emphasize the play as an crucial role in children cognitive development. That is, play advances and exercises young children's mind to process and pushing them to construct cognitively. Children can be encouraged and motivated by varies of play, and it permit them to involve with others in the learning and training of their skills.

Whereas, it promotes interpersonal skills and facilitates language and communication such play as pretend play, role play and imaginative play. It promotes creativity and learning in an exciting and enjoyable way. Moreover, play helps release stress and develop emotional coping skills.

When it comes to children therapy, "play therapy" is the effective method to allow children freely express themselves and further allow the therapist to take insight during the session of such methods.