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Child Psychology

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### Unit 5 Essay Questions

1.) Emotion is defined as an affect and a feeling of when people are in an interaction that may be significant to them. Especially if it influences their thoughts, behavior, and their well-being. When we talk about emotions, I think that it involves communication and a lot more with the world we live in. Emotions are important in Children's development because of biological foundations and experience. The children and infants have an ability to express both negative and positive emotions. Negative emotions may include distress, sadness, anger, and guilt. Positive emotions may include love, joy, happiness, and enthusiasm.

5.) "Crying is the most important mechanism newborns have for communicating with their world." Infants have three different types of crying they are basic cry, angry cry, and pain cry. The basic cry is caused when the baby is hungry and is only one of the conditions. The babies basic consist of a cry with brief silence. Babies when they angrily cry it means that it is a way longer variation of the basic cry with the cry being way louder with their vocal cords. Lastly, when the baby painfully cries when it is caused by a high intensity stimulus. When the infants cry whether if it is a pain cry, angry cry, or basic cry, their parents need to respond by providing

the needs the infant. They respond by either breast and bottle feeding, picking them up and rocking them to sleep, and carrying the infant to hold it so it can feel secure.

9.) Emotional intelligence is knowing what you and others around you are feeling and why those feelings are there. With emotional intelligence it increases the level of intelligence the child has. Emotional intelligence improves the social skills, empathy of children, and a high level of motivation. It also helps with self-awareness and self-regulation.

10.) When infants are born depending on how they are, they are classified as an easy child, difficult child, and an easy to warm up child. An easy child is a child who has positive moods and adapts easily to other environments. A difficult child is a child who cries and acts negatively towards their environment. A difficult child has difficult time adapting to new environments and slow to accept change. A slow to warm up child is a child who in my opinion is a balanced baby because they are somewhat negative children who demonstrate a low intensity of mood. From my experience working with kids, I have dealt with a lot of easy children. The easy children have honestly been a blessing because they don't complain, cry, and they are well discipline everywhere we go because I travel with them.

15.) If I were a parent and had a choice between staying at home with my child or putting them in a daycare it would all depend. I would put my child in a day care if I was a parent that had a full-time job with not enough time to take care of him or her by myself. But, if I were to have time and didn't have a job that takes time away from home, then I would take care of my child at home. Another key role that would play along is if my child would learn and gain more knowledge about their education. Money, I think is also important because day cares cost

money sometimes families can not afford it. From my personal experience, my mother never put me in a day care because she had all the time that she needed to take care of me. But, if she did not have the time due to errands or responsibilities, I would be with my grandma.

17.) Self-understanding is the child's thoughts and the "cognitive representation" of themselves. The conceptions they have of themselves. In early childhood, there are five characteristics of understanding that young children perceive. These characteristics are Confusion of self, mind, and body. When you read about the confusion of self, mind, and body the book says that basically young children describe and conceive themselves in terms of shapes, size, and color. More self-understandings young children have concrete, physical, and active descriptions. One final understanding they have is the understanding of unrealistic positive overestimations.

20.) Low self esteem in children is very common today. Low self-esteem in children is a concern because at they may feel incompetent. Kids start to feel inferior within each other and lack confidence when watching their peers. The self esteem in children and adolescent are a concern because I think that at a young age, they need to start being confident and have an attitude of resiliency. Something we can do today about the low self esteem of children is something I learned when I was high school teaching pre k kids. We did writings activities and lessons where we taught them the importance of loving themselves. Even though not everyone can help and change children, there is still an impact if you change the life of that one child.

23.) Families and the way they raise their children play a big role on the development of adolescents. In the reading it talks about the importance of identity and the necessity for

autonomy and the need for connectedness. The presence of having a family plays a role because it creates individuality and connectedness. Individuality consists of their ability to talk about a point of view and a way to communicate and distribute how one is different from others. Connectedness involves a level of sensitivity to know and have respect of the other person's point of view (mutuality). But, another side to it is having an open mind towards their views (permeability).