ESSENTIALS OF LIFE-SPAN DEVELOPMENT

JOHN W. SANTROCK

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SOCIOEMOTIONAL DEVELOPMENT IN INFANCY

CHAPTER OUTLINE

- Emotional and personality development
- Social orientation and attachment
- Social contexts

EMOTIONAL AND PERSONALITY DEVELOPMENT

- Emotional development
- Temperament
- Personality development

EMOTIONAL DEVELOPMENT

- **Emotion**: Feeling, or affect, that occurs when a person is in a state or interaction that is important to him or her
  - Play important roles in:
    - Communication with others
    - Behavioral organization

EMOTIONAL DEVELOPMENT

- Biological and environmental infuences
  - Certain brain regions play a role in emotions
  - Emotion-linked interchanges
    - Provide the foundation for the infant's developing attachment to the parent
  - Social relationships
    - Provide the setting for the development of a rich variety of emotions
  - Relationships and culture provide diversity in emotional experiences

FIGURE 4.1 - EXPRESSION OF DIFFERENT EMOTIONS IN INFANTS

Joy   Sadness   Fear   Surprise

EMOTIONAL DEVELOPMENT

- Emotional expression and social relationships
  - Crying
    - **Basic cry**: Rhythmic pattern usually consisting of:
      - A cry
      - Briefer silence
      - Shorter inspiratory whistle that is higher pitched than the main cry
      - Brief rest before the next cry
    - **Anger cry**: Variation of the basic cry, with more excess air forced through the vocal cords
    - **Pain cry**: Sudden long, initial loud cry followed by breath holding

EMOTIONAL DEVELOPMENT

- Smiling
  - **Reflexive smile**: Smile that does not occur in response to external stimuli
  - **Social smile**: In response to an external stimulus
- Fear
  - **Stranger anxiety**: Fear and wariness of strangers
  - **Separation protest**: Distressed crying when the caregiver leaves
- **Social referencing**: "Reading" emotional cues in others to help determine how to act in a particular situation

EMOTIONAL DEVELOPMENT

- Emotional regulation and coping
  - Caregivers' actions and contexts can influence emotional regulation
  - Soothing a crying infant helps infants develop a sense of trust and secure attachment to the caregiver

TEMPERAMENT

- Individual differences in behavioral styles, emotions, and characteristic ways of responding
  - Describing and classifying temperament
    - Chess and Thomas' classification
      - **Easy child**: Generally in a positive mood
        - Quickly establishes regular routines in infancy
        - Adapts easily to new experiences
      - **Difficult child**: Reacts negatively and cries frequently
        - Engages in irregular daily routines
        - Slow to accept change
      - **Slow-to-warm-up child**: Low activity level
        - Somewhat negative
        - Displays a low intensity of mood

TEMPERAMENT

- Kagan's behavioral inhibition
- Effortful Control (Self-Regulation) - Rothbart and Bates' classification
  - Extraversion/surgency
  - Negative affectivity
  - Effortful control

EMOTIONAL AND PERSONALITY DEVELOPMENT

- Biological foundations and experience
  - Biological influences
  - Gender, culture, and temperament
    - Parents may react differently to an infant's temperament depending on gender
    - Cultural differences in temperament were linked to parent attitude and behaviors
- **Goodness of fit**: Match between a child's temperament and the environmental demands the child must cope with
- Strategies for temperament-sensitive parenting:
  - Attention to and respect for individuality
  - Structuring the child's environment
  - Avoid applying negative labels to the child

PERSONALITY DEVELOPMENT

- Trust

- Developing sense of self

- Independence
  - Autonomy versus shame and doubt

SOCIAL ORIENTATION AND ATTACHMENT

- Social orientation and understanding
- Attachment

SOCIAL ORIENTATION AND UNDERSTANDING

- Social orientation
  - Face-to-face play
- Locomotion
- Intention, goal-directed behavior, and cooperation
- Infants' social sophistication and insight

ATTACHMENT

- **Attachment**: Close emotional bond between two people
  - Freud - Infants become attached to the person that provides oral satisfaction
  - Harlow - Contact comfort preferred over food
  - Erikson - Trust arises from physical comfort and sensitive care

ATTACHMENT

- Bowlby - Four phases of attachment
  - Phase 1: From birth to 2 months - Attachment to human figures
  - Phase 2: From 2 to 7 months - Focus on one figure
  - Phase 3: From 7 to 24 months - Specific attachments develop
  - Phase 4: From 24 months on - Become aware of others' feelings

INDIVIDUAL DIFFERENCES IN ATTACHMENT

- **Strange situation**: Observational measure of infant attachment

- Requires the infant to move through a series of:
  - Introductions
  - Separations
  - Reunions with the caregiver and an adult stranger in a prescribed order

INDIVIDUAL DIFFERENCES IN ATTACHMENT

- **Securely attached babies**: Use the caregiver as a secure base from which to explore the environment
- **Insecure avoidant babies**: Avoiding the caregiver
- **Insecure resistant babies**: Cling to the caregiver, then resist the caregiver by fighting against the closeness
- **Insecure disorganized babies**: Being disorganized and disoriented

CAREGIVING STYLES AND ATTACHMENT

- Maternal sensitivity linked to secure attachment
- Caregivers of insecurely attached infants tend to be:
  - Rejecting
  - Inconsistent
  - Abusive

SOCIAL CONTEXTS

- The family
- Child care

FIGURE 4.9 - INTERACTION BETWEEN CHILDREN AND THEIR PARENTS: DIRECT AND INDIRECT EFFECTS
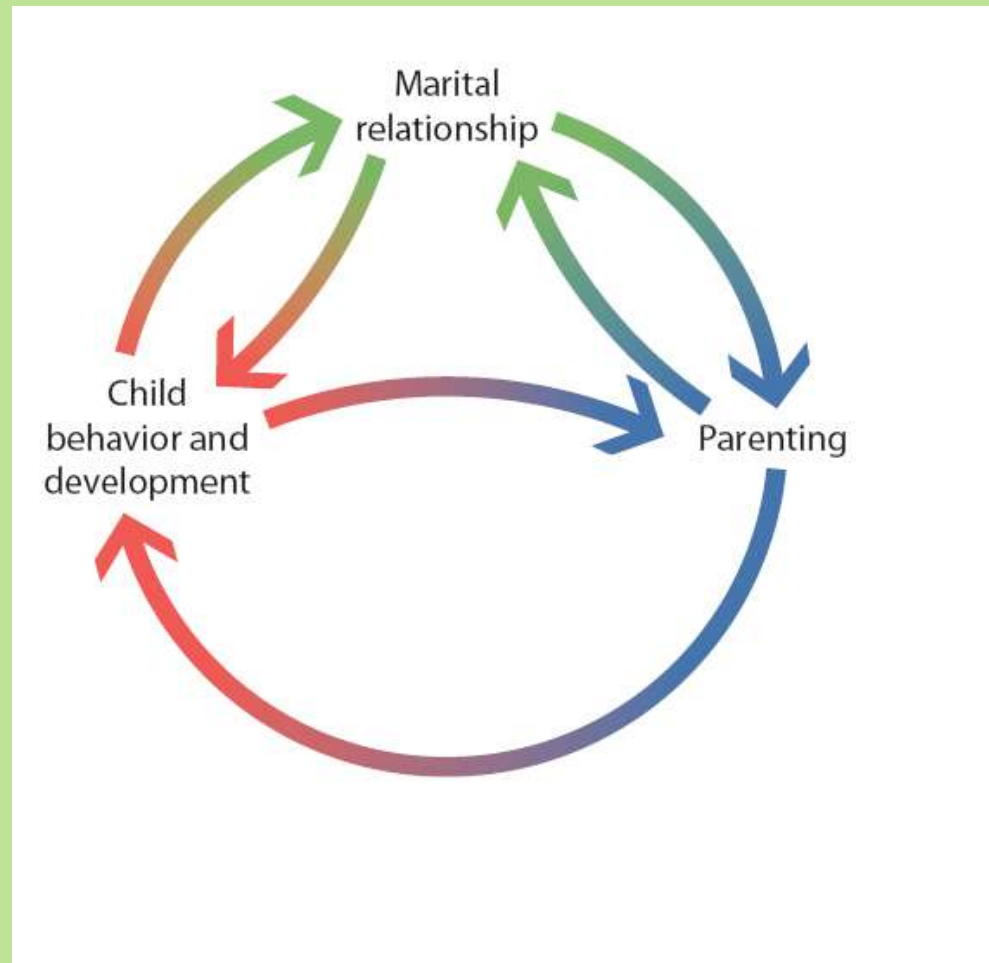
THE FAMILY

- Constellation of subsystems
- Transition to parenthood
  - New parents face disequilibrium and must adapt to it
- **Reciprocal socialization**: Bidirectional
  - Children socialize parents, just as parents socialize children
  - **Scaffolding**: Parents time interactions so that infants experience turn taking with the parents

THE FAMILY

- Managing and guiding infants' behavior
  - Being proactive and childproofing the environment
  - Engaging in corrective methods
- Maternal and paternal caregiving
  - Maternal interactions centre on child-care activities
    - Feeding, changing diapers, bathing
 - Paternal interactions tend to be play-centered

FIGURE 4.8 - THE INCREASE IN THE NUMBER OF U.S. FATHERS STAYING AT HOME FULL-TIME WITH THEIR CHILDREN
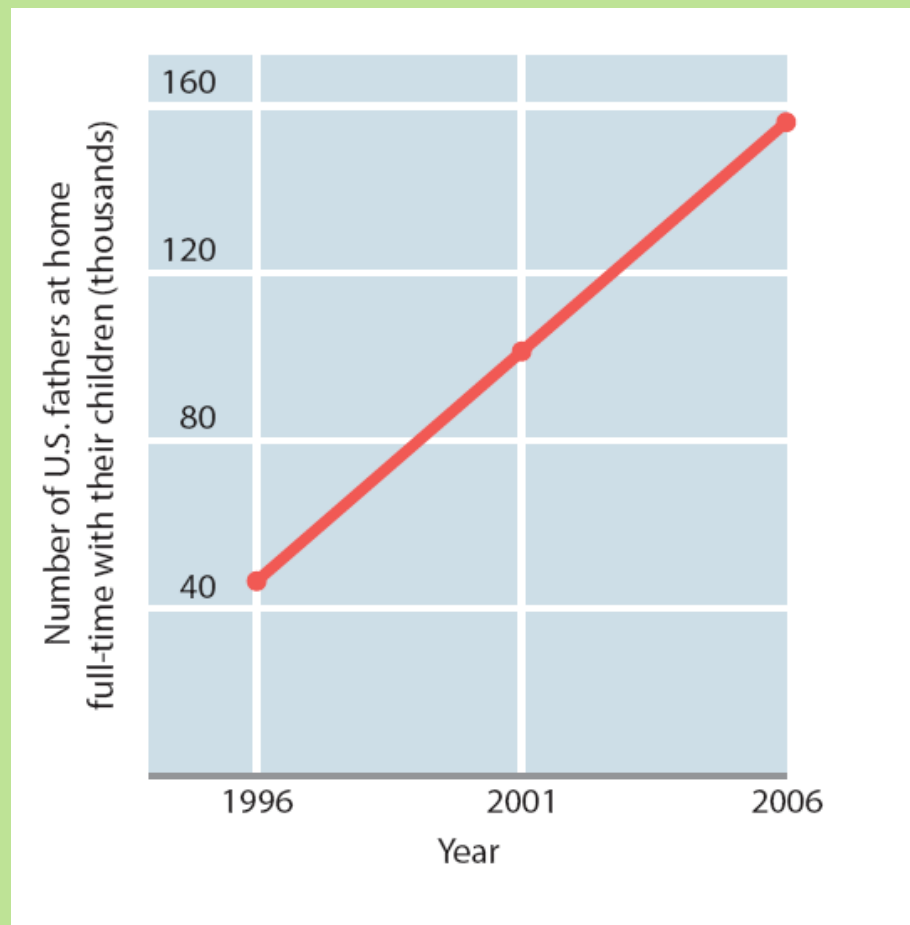
CHILD CARE

- Parental leave
- Variations in child care
  - Factors that influence the Child Care effects are:
    - Age of the child
    - Type of child care
    - Quality of the program

FIGURE 4.9 - PRIMARY CARE ARRANGEMENTS IN THE UNITED STATES FOR CHILDREN UNDER 5 YEARS OF AGE WITH EMPLOYED MOTHERS

Center-based care 28%
Relative care 27%
Nanny 4%
Family child care 14%
Parent 27%
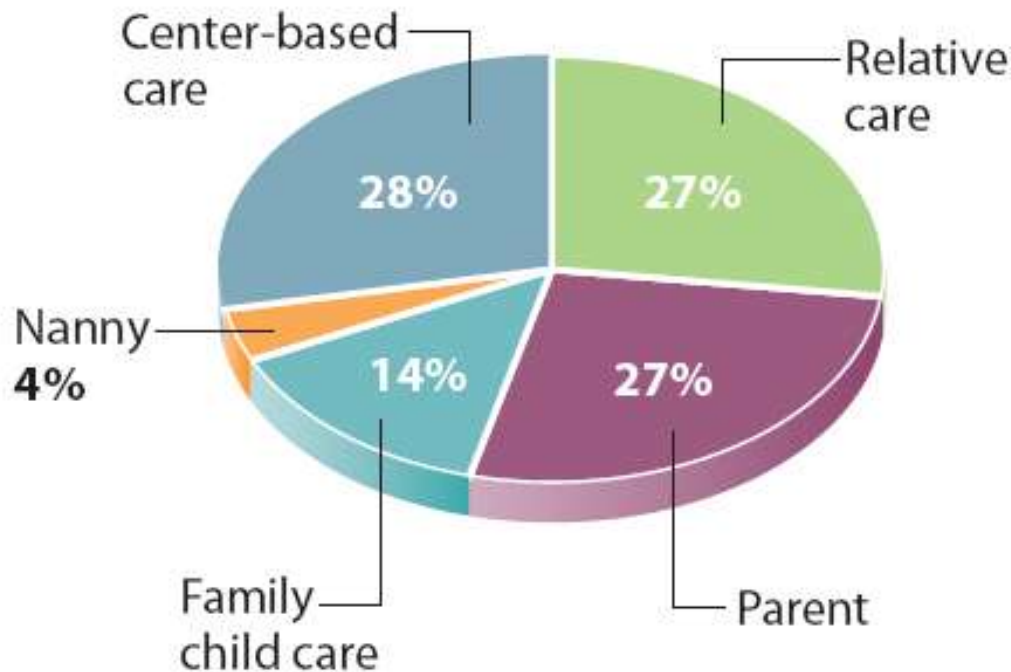
CHILD CARE

- Strategies parents can follow:
    - Recognize that the quality of your parenting is a key factor in your child's development
    - Make decisions that will improve the likelihood that you will be good parents
    - Monitor your child's development
    - Take some time to find the best child care