

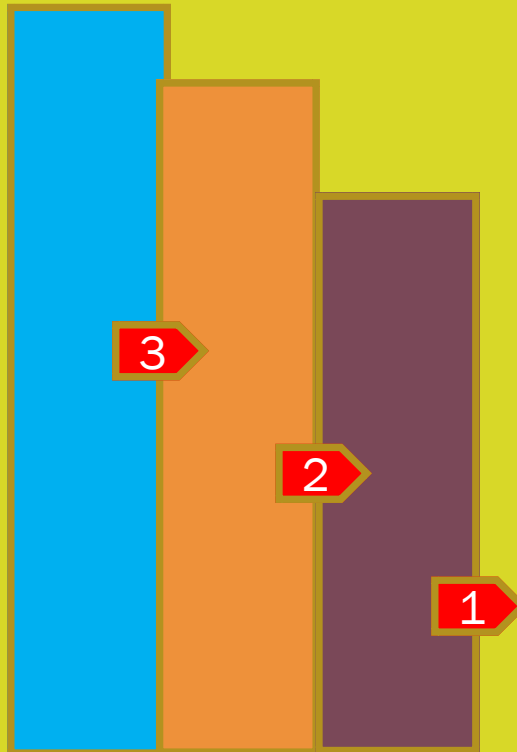
CHILD PSYCHOLOGY

B.A. HONS



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CONTENT

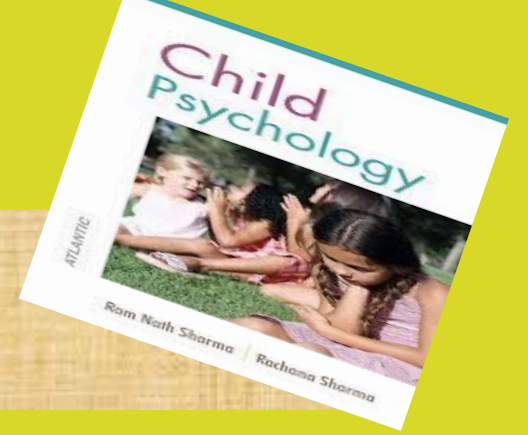


1- INTRODUCTION

2- DEFINITION

3- SCOPE

MEANING



- Child psychology is the study of subconscious and conscious childhood development. Child psychologists observe how a child interacts with their parents, themselves, and the world, to understand their mental development.

Jean Piaget is regarded as the founder of modern child psychology. His work, from the 1920s onwards, supported the idea that children and adults think differently from each other. One of his major contributions was that throughout the course of their childhood, children pass through distinct stages of emotional and mental development. He also proposed that intellectual development is closely linked to emotional, social and physical development.

- **Child psychology**, also called **child development**, the study of the **psychological** processes of **children** and, specifically, how these processes differ from those of adults, how they develop from birth to the end of adolescence, and how and why they differ from one **child** to the next.
- Child Psychology is an important branch of family health. It gives parents the resources to help their children advance through the stages of development and gives physicians a deeper look into the mental health and possible challenges a child might face in regards to learning or social differences, or developmental delays.



DEFINITION OF CHILD PSYCHOLOGY

Child psychology is a scientific study of the individual from his prenatal beginnings through the early stage of his adolescent development.

- Crow and a Crow

“Child psychology concerned with the development of the psychological processes in the child from birth and before, through infancy and childhood to adolescence and maturity.” H.J. Eysenck

Child psychology is a branch of psychology which studies the human being in development from birth to maturity.

- James Draver

IMPORTANT OF CHILD PSYCHOLOGY

- Everyone wants their child to have healthy development, but it's not always clear if a child's behavior is a symptom of a normal stage in development or a sign of an abnormality. Child psychologists can help you-
- Understanding the normal and abnormal psychological patterns of a child can help parents understand how to best communicate and connect with their child, teach their child coping mechanisms for managing emotions, and help their child progress and thrive in each new developmental stage.
- Child psychologists can also identify abnormal behaviors early, help detect the root of common behavioral issues such as learning issues, hyperactivity, or anxiety, and help children work through early childhood trauma. They can also help to prevent, evaluate, and diagnose developmental delays or abnormalities such as autism.



SCOPE OF CHILD PSYCHOLOGY

PHYSICAL DEVELOPMENT

- Physical development in children is typically a predictable sequence of events. Your child holds their head up, rolls over, crawls, walks, and runs, in that order. Child Psychologist can aid your pediatrician in observing your child's physical development, and if there are any abnormalities that could indicate developmental irregularities.
- Child Psychologists will observe your child's progression toward the milestones of development to ensure that your child is physically developing normally. Major delays in physical development may reveal other underlying developmental issues that can then be addressed early on.

COGNITIVE DEVELOPMENT

- The medical understanding of childhood cognitive development has greatly changed over the recent years. We now know that even newborn babies are aware of their environment and are interested in it, even before they have the language to express that.
- Cognitive development refers to the intellectual learning and thought processes of a child. It includes the observation and understanding of the world around them, language learning, memory, decision-making, problem-solving, how the child uses their imagination, and how the child uses basic reasoning. All of these factors are influenced by a child's genetics and environment.

EMOTIONAL (SOCIAL) DEVELOPMENT

- Emotional and social development are deeply intertwined. Emotional development refers to how the child feels, understands, and expresses their emotions. Emotional development is expressed in very young children through the expression of basic emotions like fear, joy, anger, and sadness. As the child develops, more complex emotions such as confidence, hope, guilt, and pride emerge.
- Emotional development also includes a child's ability to feel and understand the emotions of other people through empathy. Learning to regulate and express emotions appropriately is difficult for many children. Helping children understand their emotions early can have a powerful impact on current and future emotional development. A Child Psychologist can help your child understand and express their emotions in a healthy, positive way.

- Emotional development highly informs social development. This is true because the way a child feels understands, and expresses their feelings has a direct impact on how they interact with other people. Social development is about how the child develops the values, awareness, and social skills necessary to relate to the people around them; their parents, peers, authority figures, and animals.
- A child's early relationships can have a huge impact on their development of age-appropriate social skills. Trust, friendship, conflict management, and respect for authority are examples of social development. Child Psychology should not be a reactive measure. Make it part of your proactive family health plan today.

IMPORTANCE OF CHILD PSYCHOLOGY

CHILD PSYCHOLOGY IS A SPECIALISED BRANCH OF DEVELOPMENTAL PSYCHOLOGY.

- A child psychologist is an expert in childhood development who works with children and adolescents to diagnose and help resolve issues that cause emotional or behavioural problems. Child psychology is important because it can help us better understand how kids tick as well as how best to support them to become well rounded individuals. It is therefore useful in assisting both parents and teachers to better understand and help children in their care.

**CHILD PSYCHOLOGY HELPS PARENTS AND TEACHERS
BETTER UNDERSTAND KIDS AND HOW BEST TO
SUPPORT THEM.**

There are 5 main
areas covered
within child
psychology:

- ✓ **Development**
- ✓ **Milestones**
- ✓ **Behaviour**
- ✓ **Emotions**
- ✓ **Socialization**

1- DEVELOPMENT

■ Three areas of Child Development:

1. **Physical development** refers to physical body changes. These generally occurs in a relatively stable, predictable sequence. It also includes the acquisition of certain skills, such as gross-motor and fine-motor coordination.
2. **Cognitive or intellectual development**, refers to the processes children use to gain knowledge. This includes language, thought, reasoning, and imagination.
3. **Social and emotional development** are so interrelated that they are often grouped together. Learning to relate to others is part of a child's social development, while emotional development involves feelings and the expression of feelings. Trust, fear, confidence, pride, friendship, and humour are all part of one's social-emotional development.

2-MILESTONES

- Developmental milestones are an important way for psychologists to measure a child's progress in several key developmental areas. They act as checkpoints in a child's development to determine what the average child is able to do at a particular age. Knowing the milestones for different ages, helps child psychologists understand normal child development and aids in identifying potential problems with delayed development.
- For example, a child who is 12 months old can typically stand and support his or her weight by holding onto something. Some children at this age can even walk. If a child reaches 18 months of age but still cannot walk, it might indicate a problem that needs further investigation.



4 MAIN CATEGORIES OF DEVELOPMENTAL MILESTONES:

- ✓ **Physical milestones:** Which pertain to the development of both the gross and fine motor skills.
- ✓ **Cognitive or mental milestones:** Which refer to the child's developmental aptitude for thinking, learning, and solving problems.
- ✓ **Social and emotional milestones:** Which pertain to the child's ability to express emotion and respond to social interaction.
- ✓ **Communication and language milestones:** Which involve the child developing verbal and non-verbal communication skills.

3-BEHAVIOUR

- All children can be naughty, defiant and impulsive from time to time. Conflicts between parents and children are inevitable as the children struggle, from the “terrible twos” through adolescence, to assert their independence and develop their own identities. These behaviours are a normal part of the growing-up process.
- However, some children have extremely difficult, with challenging behaviours that are outside the norm for their age. In fact, behavioural issues are the most common reason that parents seek the help of child psychologists. Child psychology involves looking at all possible roots to behavioural issues, including brain disorders, genetics, diet, family dynamics and stress, and then treating them accordingly.

4-EMOTIONS

- Emotional development involves learning what feelings and emotions are. Understanding how and why they happen, as well as recognizing one's own feelings and those of others, then developing effective ways of managing them.
- This complex process begins in infancy and continues into adulthood. The first emotions that can be recognized in babies include joy, anger, sadness and fear. Later, as children begin to develop a sense of self, more complex emotions like shyness, surprise, elation, embarrassment, shame, guilt, pride and empathy emerge. The things that provoke emotional responses also change, as do the strategies used to manage them.

5-SOCIALISATION

- One of the first and most important relationships children experience is with their parents or primary caregivers. The quality of this relationship has a significant effect on later social development. In peer relationships, children learn how to initiate and maintain social interactions with other children. They acquire skills for managing conflict, such as turn-taking, compromise, and bargaining.
- Play also involves the mutual, sometimes complex, coordination of goals, actions, and understanding. Through these experiences, children develop friendships that provide additional sources of security and support to those provided by their parents or primary caregivers .

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