

Psyc 241 Test #2 Study Guide

INFANCY

Physical Development

- Cephalocaudal development- sequence in which the earliest growth always occurs at the top, beginning with the head; growth occurs from top to bottom.
- Proximodistal development- sequence in which growth starts at the center of the body and moves toward the extremities (ex. Infants control their trunk and arms before they control their hands).
- Lateralization- specialization of function in one hemisphere or the other (ex. Left side of the brain has more brain activity with language processing)
- 2 processes of neurological growth:
 - Integration-
 - Differentiation-
- Pruning- process where little-used neuronal connections are eliminated. Those that remain become more organized and strengthened.

Health Issues

- SIDS- sudden infant death syndrome; a condition that occurs when an infant stops breathing, usually during the night, and suddenly dies w/o apparent cause.
- Benefits of breastfeeding: **recommended babies exclusively breast feed for 6 months.**
 - More digestible
 - Lower risk of obesity
 - Reduces allergic reactions
 - Minimizes numerous infections
 - May reduce risk of SIDS
 - Better cognitive performances
- Over/Underweight
- Malnutrition

Motor Development

- Infant reflexes- infants enter the world with biologically based behavior that do not require conscious effort.
 - Survival reflexes- behaviors that ensure survival; obvious physical uses.
 - Rooting- touch infant's cheek, infant will turn and open mouth.
 - Sucking- touch or stimulate the mouth, infant will suck rhythmically.
 - Pupillary- pupils narrow in light, widen in dim light.
 - Blink
 - Primitive reflexes- behaviors that in the past may have been needed for survival.

- Moro (startle reflex)- loud sounds or drop will cause baby to spread out arms and stretch out fingers then bring back arms and clench fingers.
- Palmer- touch palm, infant will grasp
- Plantar-touch sole of foot near toes, infant will flex foot.
- Babinski- Stroke sole of foot from heel to toes infant will spread toes and raise large toe (think Katelyn).
- Stepping- when held upright with feet on flat surface, infants will seem to walk in a coordinated way.
- Swimming- will attempt to swim in coordinated way if placed in water. Will also hold breath.
- Tonic neck- when head is turned to one side, infant will extend arm and leg on that side and flex arm and leg on the other.
- Gross Motor skills- skills that involve large-muscle activities.
 - Sitting with support – 2 months
 - Sitting upright w/no support- 6-7 months
 - Pull themselves up & hold onto a chair- 8 months
 - Stand alone- 10-12 months
 - SECOND YEAR:
 - 13-18 months can pull a toy or climb up a few steps
 - 18-24 months toddlers can
 - walk quickly or run stiffly
 - walk backwards w/o losing balance
 - stand and kick a ball w/o falling and stand and throw a ball
 - jump in place
- Fine motor skills – anything that requires finger dexterity; during 1st two years of life, infants refine how they reach and grasp.

Sensation and Perception

- Vision
 - Birth → vision is only 20/600.
 - 6 months → 20/40, can discriminate colors
 - 1st birthday → vision approximates that of an adult
- Hearing
 - Infants can hear in the womb, but newborns can't hear soft pitches.
- Smell and Taste
 - Newborns can differentiate odors.
 - 2 hours after birth, infants make different faces when given sweet, sour or bitter foods.

Research methods with Infants

- Habituation- decreased responsiveness to a stimulus after repeated presentations of stimulus.
- Visual preference Method- infants look at different things for different lengths of time.
- Violation of expectations research-
- Visual-recognition memory-

- Visual Cliff=depth perception.

LEARNING AND MEMORY

Classical and Operant Conditioning (little albert study)

- Classical conditioning (little albert, loud noise and white rat)
- Operant conditioning (reinforcement & punishment)
- Observational learning (Bobo doll)

COGNITIVE DEVELOPMENT

Piaget: Sensorimotor stage

- Schemes- in Piaget's theory, actions or mental representations that organize knowledge.
- Assimilation- interpretation of events in terms of existing cognitive structures.
- Accommodation- changing in cognitive structures to make sense of the environment.
 - o Ex) child thinks they can pet all animals & they try to pet a lion, then can't → they accommodate they can't pet ALL animals
- **Circular reactions**
- Imitation- part of reciprocal socialization.
- Object permanence- realizing an object exists even when out of sight; happens around 8-12 months.
- Symbolic representation-

Types of imitation

- Invisible imitation-
- Visible imitation-
- Deferred imitation-
- Elicited imitation-

Attention vs. Joint attention

- Attention- the focusing of mental resources on select information and improves cognitive processing on many tasks.
- Joint attention- involves individuals focusing on the same object or event and involves:
 - o The ability to track another's behavior
 - o One person directing another's attention
 - o Reciprocal interaction

Language Development

- Crying: birth
- Cooing: 3-5 months
- Babbling: 5-7 months
- Gesture: 8-12 months
- One-word speech: 1 year