

- Physical Development During Middle Childhood (6-12 years)
 - Growth is slow and steady
 - Outer body structures become more refined
 - Around age 10, girls surpass boys in average height and weight
 - Primary teeth fall out, and permanent teeth appear
 - Boys excel in gross motor skills, and girls excel in fine motor skills
 - Obesity is a problem among many children
- Cognitive Development During Middle Childhood
 - Piaget's Concrete Operations Stage (7-12 years)
 - Children learn from active manipulation of materials
 - Thoughts remain rooted in the present with concrete and tangible objects
- Cognitive Accomplishments
 - Seriation
 - Cause and effect
 - Transitive inference
 - Reversibility
 - Class inclusion
 - Conservation
 - Decenter
 - Number and Mathematics
 - Inductive reasoning
 - Deductive reasoning
- Social Development in Childhood
 - Development of:
 - Self concept
 - Self-esteem
 - Gender roles
 - Friendships/peer groups
 - Social comparisons
- Adolescence
 - Primary Sex Characteristics
 - Body structures that make sexual reproduction possible
 - Secondary Sex Characteristics
 - Non-reproductive sexual characteristics
 - Menarche and Spermarche
- Cognitive Development: Adolescence
 - Piaget's Formal Operations Stage (~ 11 years)
 - The ability to think abstractly
 - Adolescents can
 - Understand historical time
 - Better appreciation for metaphors, irony, and sarcasm
 - Think in terms of what might be and not just what is
 - Imagine possibilities and can form and test hypothesis
- Immature Characteristics of Adolescent Thought (David Elkind: 1984;1998)
 - Argumentativeness
 - Indelicateness
 - Finding fault with authority figures
 - Self-consciousness (imaginary audience)

- Assumption of Invulnerability (invincibility/personal fable)
- Social Development: Adolescence
 - Identity
 - Self-esteem
 - Peer interaction
 - Closer friendships with opposite sex
 - Morals
- Parenting Styles
 - Involve 3 dimensions"
 - Parental warmth/nurturance
 - Parental control
 - Discipline
 - Method of teaching character, self-control, and acceptable behavior
 - Reinforcement
 - Punishment
- Issues Related to Punishment
 - Punishing stimuli should be safe
 - Consider legality of the type of punishment to be used
 - Obtain informed consent from parent/guardian
 - If presented non-contingent on behavior, punishment can:
 - Produce generalized response suppression
 - Lead to escape/avoidance of the punishing agent or situation in which punishment is delivered
 - Elicit aggression and other emotional reactions
- Parenting Styles (Diana Baumrind, 1967)
 - Authoritarian
 - Authoritative
 - Permissive
 - Rejecting/Uninvolved
- Adulthood: Physical Development
 - Most adults are in good physical, cognitive, and emotional health
 - Farsightedness, nearsightedness, loss in visual acuity
 - Gradual hearing loss
 - Decline in sensitivity to taste, smell, & touch
 - Decline in muscle strength and coordination due to loss of muscle mass
 - Reaction time slows down
- Physical Changes
 - Wrinkles may begin to appear by age 40
 - Thinning and graying of hair is evident
 - Weight gain for many
 - Bones become thinner and more brittle
 - Joints become stiffer
 - Temperature regulation and immune response may begin to weaken
 - Gradual deterioration of memory, reasoning, language, and finally, physical functioning
- Changes in Female Reproductive Functioning
 - Menopause (approximately between 45 and 55 years)
 - Decrease in estrogen and progesterone
 - Bone loss (osteoporosis)

- Hot flashes, fatigue, vaginal dryness, urinary dysfunction
- Less intense sexual arousal, less frequent and quicker orgasms
- End of reproduction
- Changes in Male Reproductive Functioning
 - Male climacteric
 - Testosterone production decreases gradually
 - Loss of sexual arousal, less frequent erections, slower orgasm, longer recovery between ejaculations
 - Usually associated with depression, anxiety, irritability, insomnia, fatigue, memory loss, hair loss
 - Adulthood and Stress
 - Causes
 - Both normative and non-normative life events
 - Daily hassles
 - Multiple family responsibilities
 - Work and finances
 - Relationships
 - Any positive or negative change