Name: _____

Child Development Theories
Guided Notes

What is Child Development?

- Child development refers to the physical, cognitive, social, and _____ growth that occurs from infancy through adolescence.
- It _____ the changes in a child's ability to think, learn, and interact with others.

Why Study Child Development?

- Understanding _____ milestones helps parents and educators support children effectively.
- Knowledge of child development informs practices in education, healthcare, and _____.
- Identifying atypical development can lead to early intervention, improving _____ for children.

Areas of Development

There are 4 main Areas of Child Development:

Psychical Development	Cognitive Development	Social Development	Emotional Development
Growth in body size, motor skills, and health.	Changes in thinking, problem-solving, and _____	Development of _____ social skills, and emotional regulation.	Understanding and managing emotions, developing self-concept.

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Theories of Development

Jean Piaget	Cognitive Development Theory
Erik Erikson	
Lev Vygotsky	Sociocultural Theory
John Bowlby	Attachment Theory
Albert Bandura	Social Learning Theory
B.F. Skinner	
Maria Montessori	
Sigmund Freud	Freud's Theory

John Piaget - Cognitive Development Theory

Piaget's theory focuses on how children learn and develop _____ through different stages as they grow.

There are 4 key stages of Piaget's theory:

Sensorimotor Stage (0-2 years)	Preoperational Stage (2-7 years):	Concrete Operational Stage (7-11 years):	Formal Operational Stage (12 years and up):
Learning through _____ and actions.	Developing language and using symbols, but thinking is still egocentric.	Logical thinking about concrete events, understanding the concept of conservation.	Abstract _____ and problem-solving.

Sensorimotor Stage (0-2): Example

A 6-month-old baby is playing with a rattle. The baby shakes the rattle and notices the sound it makes. After a few moments, the baby accidentally drops the rattle behind them. The baby does not search for the rattle because object _____ eveloped yet.

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Sensorimotor Stage (2-7): Example

A 4-year-old is playing with two _____ balls of clay. The child rolls one ball into a long, flat shape while leaving the other ball in its original round form. When asked which one has more clay, the child insists that the long, flat shape has more clay because it is "bigger," even though both have the same amount. This shows _____, _____s on one aspect of the situation (the shape) while ignoring others (the amount of clay).

Concrete Operational (7-11): Example

A group of 8-year-olds are given several _____ of different shapes and sizes and asked to measure the volume of water each container can hold. Despite the containers looking different, the children are able to accurately measure and understand that the volume remains the same, regardless of the shape of the container. Children in this stage understand conservation—the idea that quantities, such as volume, remain constant even when their shape changes. They also use logical thinking to solve problems involving _____, physical objects.

Formal Operational (12+): Example

A 16-year-old is given a _____ word problem in math that involves multiple variables. Instead of guessing the answer, the student mentally breaks down the problem, _____ different possible solutions and testing approaches before choosing the best one. They can think about hypothetical scenarios and abstract relationships, solving the problem without needing to _____ manipulate objects.

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Erik Erikson: Psychosocial Development Theory

Erikson believed that _____ occurs throughout life and emphasized the role of social relationships and challenges at different stages.

Trust vs. Mistrust (0-1 year):	Autonomy vs. Shame and Doubt (1-3 years):	Initiative vs. Guilt (3-6 years):	Industry vs. Inferiority (6-12 years):
Developing trust when caregivers provide reliability, care, and _____.	Developing a sense of personal control and independence.	Taking _____ in activities and developing leadership skills.	Developing a sense of competence and mastery in school and social situations.

Lev Vygotsky: Sociocultural Theory

Vygotsky emphasized the role of social _____ in cognitive development and introduced the idea of the Zone of Proximal Development (ZPD), where learning is most effective when children are guided by _____.

Learning happens through interaction with more _____ others (teachers, parents, peers), and children learn best when tasks are slightly beyond their current abilities, but achievable with support.

- Zone of Proximal _____ (ZPD):
  - Represents the gap between what a learner can do _____ and what they can achieve with guidance.
    - Example: A child might struggle to solve a math problem alone but can do it with help from a _____.

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- Vygotsky believed that language plays a _____ role in cognitive development.
- Through dialogue and verbal _____, children internalize information and learn to think critically.

John Bowlby: Attachment Theory

Bowlby's theory highlights the _____ of early attachments between children and caregivers in influencing emotional development and future relationships.

- Secure attachments in _____ lead to healthy emotional and social development, while insecure attachments may cause difficulties in future relationships.
- Bowlby believed that children are born with an _____ drive to form attachments with caregivers, which is an evolutionary adaptation.
- He argued that the _____ with this primary figure forms the foundation for all future emotional and social development.
- Bowlby proposed that there is a _____ period during which attachment must occur, typically within the first two years of life. If an attachment is not formed within this window, the child may suffer lasting emotional and social difficulties

Types of Attachment

Secure _____	**Insecure-Avoidant Attachment**	**Insecure-Ambivalent (resistant) Attachment**	_____ **Attachment**
The child feels safe and confident that their caregiver will meet their needs, allowing them to explore freely.	The child tends to avoid their caregiver, showing little emotional response when they leave or return.	The child is unsure of the caregiver's availability, showing anxiety and clinginess but also resistance to comfort.	The child displays confused or contradictory behavior, often due to inconsistent or frightening caregiving.

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Albert Bandura - Social Learning Theory

Bandura's theory _____ the role of observation and imitation in learning. Children learn behaviors by watching others, especially role models, and _____ what they see.

- A child may learn how to solve a problem, behave in a social situation, or even perform an athletic skill by _____ someone else.
- Attention, _____, reproduction, and motivation are necessary for effective observational learning.
- Ex: If a child sees another child being praised for answering _____ in class, they may be more likely to participate as well, anticipating similar rewards.
- Media also influences behavior. For instance, _____ exposure to violence in media can lead to desensitization or increased aggression in viewers.

B.F. Skinner - Operant Conditioning

Skinner's theory emphasizes how behaviors are shaped by _____ and punishment. Positive reinforcement strengthens behaviors, while negative reinforcement or punishment reduces unwanted behaviors.

- Skinner believed that behaviors are more likely to be repeated if they are followed by positive _____, and less likely to be repeated if followed by negative consequences.
- _____ is anything that increases the likelihood of a behavior being repeated. It can be positive or negative.
    - Positive Reinforcement: Adding something _____ to encourage the behavior. For example, giving a child candy for cleaning their room.

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- Negative Reinforcement: _____ something unpleasant to encourage the behavior. For instance, taking away a homework assignment if the student performs well in class.

- Punishment is used to _____ the likelihood of a behavior being repeated. It can also be positive or negative:
  - Positive Punishment: _____ something unpleasant to discourage behavior, like scolding a child for misbehaving.
  - _____ Punishment: Taking away something desirable to reduce behavior, such as removing video game privileges after poor grades.

Maria Montessori - Montessori Method

Montessori believed in child-centered education, where children are free to _____ and learn at their own pace with guidance from teachers. Her method emphasizes independence and respect for a child's _____ development.

Feature	Montessori Education	Traditional Education
Philosophy	Child-centered, discovery-based learning	Teacher-directed, standardized curriculum
Learning Pace	Individualized, _____	Uniform pace, based on age and grade level
Classroom Environment	Open, flexible, hands-on learning stations	Structured, teacher-focused, fixed seating
Teacher's Role	_____	Authority/instructor
Assessment	Informal, based on observation and mastery	Formal, based on grades and standardized tests
Learning Materials	Sensory-based, hands-on, self-correcting	Textbooks, worksheets, abstract learning
Collaboration/Competition	Collaborative, non-competitive environment	Competitive, graded comparisons among peers
Focus	Holistic development (social, emotional, academic)	_____
Discipline	Self-regulation, natural consequences	Authoritarian discipline, rules, and rewards

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Sigmund Freud

Freud proposed that children go through distinct _____ of psychosexual development (oral, anal, phallic, latency, and genital stages), and early experiences during these stages influence adult personality and behavior.

Oral Stage (0-1 year):	Focus on feeding and oral _____ (ex.breastfeeding), with implications for trust and dependence.
Anal Stage (1-3 years)	Focus on _____ training, which Freud believed contributed to the development of control and independence.
Phallic Stage (3-6 years):	The focus during this stage is on the _____. Children become more aware of their bodies and begin to recognize the physical differences between males and females.
Latency Stage (6 years to puberty):	During the latency stage, Freud believed that sexual feelings are _____. Children focus more on developing social skills, friendships, hobbies, and interests.
Genital Stage (puberty onward):	The focus returns to the genitals, but now in a mature, _____ way. Successful completion of this stage results in a well-balanced, healthy adult relationship

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