

Exam Essay Questions

Over nutrition:

- Increases risk of diabetes, high blood pressure, heart disease
- Plump baby not necessarily an obese adult
- Obesity in childhood/adolescence a better predictor of adult obesity
- Poor eating habits, inactivity
- A family problem (parents usually are doing the grocery shopping and cooking therefore it becomes a family problem because they do the cooking and decide what you eat. Even the parents decide what activities you do and don't do so it is the parents who decide how much physical activity one does)
- Inclusion of parent and child is most successful when obese children participate in a weight loss program.

Object Permanence:

- Development of object permanence:
 - Things still exist even if hidden from view
 - 1-4 months: no object permanence
 - 4-8 months: search for partially hidden objects
 - 8-12 months: emerging object permanence; A-not-B error (looking in previous place that they saw the object even though they saw the object being placed somewhere else)
 - 12-18 months: improvement of object permanence
 - 18-24 months: object permanence completed

Zone of Proximal Development:

- Difference between what a learner can accomplish alone and with guidance of a more skilled partner (ex: ridding a bike, puzzle)

- Scaffolding: Process of tutor tailoring support level based on learner's competence (ex: using the appropriate language to teach someone depending on their age)
- Example would be teaching a child how to pet a dog properly. Must use age appropriate language, have steps to follow one by one but aren't too detailed

Emotional Regulation:

- Strategy for managing emotions or adjusting emotional arousal to an appropriate level of intensity.
- By 6 months progress in strategies: turning their body away from unpleasant stimuli, keep object to suck (thumb or pacifier). Harder for boys than for girls - boys seek soothing from caregiver.
- By the end of 1st year - additional strategies: rocking themselves, chewing on objects, or moving away from people and objects that upset them.
- Language becomes more important by preschool age.
 - Distraction, direction of attention away, thinking pleasant thoughts, reinterpreting cause of distress in more satisfying way...
- By age 3: limited ability to disguise true feelings
- 7-9 (especially boys): Still difficult to hind disappointment when receiving undesirable gift.
- Many 12-13: Fail to suppress anger when taunted by a peer.
- Continues to develop during adolescence: the better they are at regulating emotions, the more prosocial, better able to resist peer pressure, and more empathic they are with their peers.

Strange Situation:

1. Experimenter introduces parent and infant to playroom and leaves.
2. Parent sits while baby plays
3. Stranger enters, sits, talks to parent
4. Parent leaves
5. Parent returns and greets baby, stranger leaves
6. Parent leaves
7. Stranger enters & offers comfort
8. Parent returns, comforts, engages baby with toys

- 3 types of attachment:

Secure (65%)

- Infant explores while mother is present
- Upset when mother leaves
- Greets mother warmly upon her return
- Seeks her for comfort
- Friendly to stranger when mother present

Avoidant (20%)

- Very little distress when mother leaves
- Seems to ignore mother
- May be sociable with or ignore stranger

Resistant (10%)

- Infant stays close to mother; upset when she leaves
- Explore very little in mother's presence
- Ambivalent when she returns
- Wary of stranger at all times

Parenting Styles:

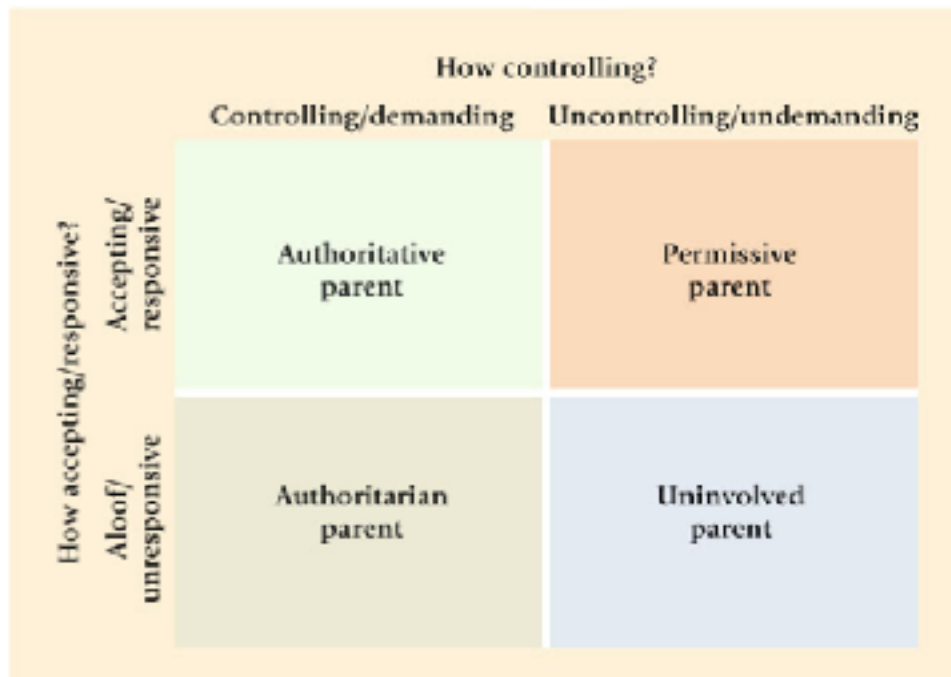


Figure 16.2 Two major dimensions of parenting. When we cross the two dimensions, we come up with four parenting styles: accepting/controlling (or "authoritative"), accepting/uncontrolling (or "permissive"), aloof/controlling (or "authoritarian"), and aloof/uncontrolling (or "uninvolved"). Which parenting style did your parents use?

Uninvolved :

Childhood: Tend to be disruptive, high in aggression, externalizing behaviours like temper tantrums and perform very poorly in class.

Adolescence: Hostile, selfish, rebellious, lack meaningful long-range goals, prone to have alcohol and drug abuse, sexual misconduct, and a wide variety of criminal offences.

Dimensions of parenting:

Acceptance/responsiveness

Warmth and affection

Demandingness/control

Supervision and limits

TABLE 15.1 Relationships between Child-Rearing Patterns and Developmental Outcomes in Middle Childhood and Adolescence

Child-rearing pattern	Outcomes	
	Childhood	Adolescence
Authoritative	High cognitive and social competencies	High self-esteem, excellent social skills, strong moral/prosocial concern, high academic achievement
Authoritarian	Average cognitive and social competencies	Average academic performance and social skills, more conforming than adolescents of permissive parents
Permissive	Low cognitive and social competencies	Poor self-control and academic performance, more drug use than adolescents of authoritative or authoritarian parents

Authoritarian parent: A restrictive pattern of parenting in which adults set many rules for their children, expect strict obedience, and rely on power rather than reason to elicit compliance.

Authoritative parent: Flexible, democratic style of parenting in which warm, accepting parents provide guidance and control while allowing their child some say in deciding how best to meet challenges and obligations.

Permissive parent: A pattern of parenting in which otherwise accepting adults make few demands of their children and rarely attempt to control their behaviour.

Uninvolved parenting: A pattern of parenting that is both aloof and over permissive, almost as if parents care about neither their children nor what they might become.

Child Abuse:

1. Physical abuse:

- Refers to non-accidental, avoidable acts by a caregiver that lead to the physical harm of a child or adolescent.

2. Sexual abuse:

- Refers to sexual contact or sexual exploitation between a minor and someone in a position of power because of age, physical size, position of authority.

3. Emotional abuse:

- 8 types of parenting behaviour indicative of emotional abuse:
 - Reject
 - Degrade
 - Terrorize
 - Isolate
 - Corrupt
 - Exploit
 - Unreliable parenting
 - Unresponsiveness and unavailability (depression, withdrawal)

4. Neglect:

- Passive maltreatment
- Failure to ensure child's security and basic needs
 - Physical neglect (no clothes, no food for lunch...)
 - Emotional neglect

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- Educational neglect

Contributing factors:

Substance abuse

Having a child at a very young age

Experiencing abusive relationships themselves