

# Contents

<i>Preface</i>	xix
<b>CHAPTER 1</b> <i>The Study of Human Development</i>	1
The developmentalist's work	2
Themes in the study of human development	3
Biology and environment: Interacting forces	3
Development is dynamic	4
Development occurs in a social context	5
Development is flexible	6
Theories: How we think about development	7
Psychoanalytic Theories	8
Learning theories	11
Cognitive theories	17
Research methods: How we study development	20
Using the scientific method	21
Choosing a research design	21
Gathering data	27
Ethics and research	29
Summary	31
Key terms	32
Suggested readings	33
<b>PART</b>	
<b>ONE</b>	
<i>A New Life Begins</i>	35
<b>CHAPTER 2</b> <i>Conception and Heredity</i>	37
Human conception	38
The female reproductive cycle	38
The male reproductive system	40
Fertilization	41
Fertility problems and treatments	43
Heredity: The genetics of life	44
Genes and chromosomes	45
The genetic code	46
The production of sperm and ova	47
The genetics of conception	48
From genotype to phenotype	51
Genetic abnormalities	54
Color blindness and hemophilia	55
Down syndrome	55
PKU	57
Abnormalities in the sex chromosomes	57
Sickle-cell anemia	58

CONTENTS

Tay-Sachs disease	59
Other genetic disorders	59
Genetic counseling and prenatal diagnosis	60
Genetic counseling	61
Prenatal diagnosis	61
<b>Issues &amp; Options: Medical advances, human dilemmas</b>	<b>62</b>
Summary	64
Key terms	65
Suggested readings	66
CHAPTER 3 <i>Prenatal Development</i>	69
Prenatal development	70
The germinal period	71
The embryonic period	72
The fetal period	75
Behavioral development	76
Environmental influences	78
Nutrition	78
<b>Issues &amp; Options: Choices for pregnant women</b>	<b>80</b>
Teratogens	83
The mother's emotional state	92
Summary	93
Key terms	94
Suggested readings	94
CHAPTER 4 <i>Birth and the Newborn</i>	97
Preparing for childbirth	98
Childbirth classes	99
<b>Issues &amp; Options: Choices for birth</b>	<b>100</b>
Fathers and birth	102
Giving birth	103
The signs of labor	103
Labor: First stage	105
Labor: Second stage	106
Labor: Third stage	106
Problems and intervention	107
The first hours	108
Survival: The first challenge	109
First contacts with parents	110
Behavior patterns in newborns: The first days	111
<b>Focus On: Soothing a colicky baby</b>	<b>112</b>
Interpreting cries	112
Reflexes	113
States of arousal	114
The Brazelton scale: Assessing individual differences	115
The competent infant	116
The newborn's senses	116
Newborns and adults: A natural match	119
Learning in the newborn	120

High-risk infants	120
Physical characteristics of high-risk infants	121
Behavioral characteristics of high-risk infants	123
<b>Focus On: Sudden Infant Death Syndrome</b>	<b>124</b>
Prospects for premature infants	125
Summary	126
Key terms	127
Suggested readings	128

## *Infancy* 131

### CHAPTER 5 *Physical Development in Infancy* 133

Growth	134
Changes in weight, height, and shape	134
Changes in proportion	135
Motor development	136
Developmental trends and principles	136
Gaining body control	138
Heredity and environment	140
Consequences of motor development	142
Brain and nervous system development	143
Biology and experience	144
Physical development and nutrition	145
Breast versus bottle feeding	145
<b>Issues &amp; Options: The breast or the bottle?</b>	<b>146</b>
Malnutrition: Causes and effects	148
The infant's later nutritional needs	151
Summary	152
Key terms	153
Suggested readings	153

### CHAPTER 6 *Cognitive and Language Development in Infancy* 155

Cognitive development: Piaget and beyond	156
Sensorimotor intelligence	157
A new look at Piaget	158
<b>Focus On: The progress of play: Playing is learning</b>	<b>160</b>
Attending and perceiving	166
Attention	166
Perception	167
<b>Issues &amp; Options: Raising smart babies: More is not always better</b>	<b>168</b>
Cross-modal transfer	170
Language development	171
Prelinguistic communication	171
Early sounds	173
The first words	173
Two-word sentences	174
Individual differences in language development	175
Talking to infants effectively: Motherese and expansion	177

CONTENTS

Assessing infant development	178
Gesell Development Schedules	178
The Bayley Scales	179
The value of infant tests	179
Summary	180
Key terms	182
Suggested readings	183
CHAPTER 7 <i>Social and Emotional Development in Infancy</i>	185
Temperament	186
Dimensions of temperament	187
Temperament and heredity	188
Temperament and development	188
Landmarks in social and emotional development	190
<b>Issues &amp; Options: Early lessons in emotional expressions:</b>	
<b>Do parents know best?</b>	<b>192</b>
Smiling and laughing	193
Stranger wariness	194
Separation protest	195
Attachment relationships	197
Defining the attachment relationship	198
Theories of attachment	198
Differences in attachment	200
Explaining differences in attachment	201
<b>Focus On: Sensitive mothering and affect attunement</b>	<b>202</b>
Consequences of infant-mother attachment	203
A long view: Attachment relationships over the life span	205
The father-infant relationship	206
Relations with peers	208
Differences in sociability	209
Learning to say “I”: The emerging self	210
Growing toward independence: Coping with the “terrible twos”	210
<b>Focus On: Why sharing isn’t always the best policy</b>	<b>212</b>
Summary	213
Key terms	214
Suggested readings	215
CHAPTER 8 <i>The Social Context of Infancy</i>	217
The family as a system	219
How infants affect marriages	219
How marriages affect infants	225
Infants and siblings	226
The community and social class	227
Parents and infants in social networks	227
<b>Issues &amp; Options: Infant day care and infant development</b>	<b>230</b>
Social class, parenting, and infant development	232
<b>Focus On: Support programs for low-income families:</b>	
<b>Intervention and infant development</b>	<b>234</b>

The culture	236
Summary	238
Key terms	239
Suggested readings	239

## PART

## THREE

*Early Childhood* 241CHAPTER 9 *Physical, Cognitive, and Language Development in Early Childhood* 243

Physical development	245
Size and growth rates	245
Brain growth	247
Motor development	247
Children's artwork: A silent language	250
Cognitive development	252
Piaget's approach	253
The preoperational period: Reasoning based on appearances	253
Young children's understanding of number: An update	256
<b>Issues &amp; Options: Superbaby, superkid: A head start or a misstart?</b>	<b>258</b>
Causal reasoning	258
Egocentrism	260
Memory development: Recognition and recall	261
Thought and language	263
Language development	263
Building vocabulary	264
Grasping the rules of grammar	265
Communicating: Competence and limitations	266
Self-communication: Inner speech	268
Bilingualism and language-learning	269
Summary	269
Key terms	271
Suggested readings	272

CHAPTER 10 *Social and Emotional Development in Early Childhood* 275

The growing self	276
Sex-role development	278
Masculinity and femininity	278
Gender identity	279
Sex stereotypes	279
Differences in boys' and girls' behavior	280
Where do sex-typed differences come from?	281
How do sex differences matter?	287
Developing social skills	288
The development of prosocial behavior	288
Controlling aggression	291
<b>Issues &amp; Options: Guns in the toy chest</b>	<b>293</b>
Peer relations: Making friends	294

The work of play	297
From solitary to social play	297
The form and content of play	300
Summary	303
Key terms	304
Suggested readings	305

## CHAPTER 11 The Social Context of Early Childhood 307

The family	308
Parenting styles	309
Why do parents behave as they do?	313
<b>Focus On: Being authoritative with a difficult child</b>	<b>314</b>
Child abuse and neglect	316
Sibling relationships	320
Divorce and preschoolers	321
The single parent	323
Day care and early childhood programs	324
Day care: Options and limitations	324
Day care and development	327
Quality care	329
<b>Focus On: Preschool and culture in the United States, Japan, and China</b>	<b>330</b>
Television and development	332
Television and social experience	332
Television and cognitive development	333
Television and aggression	334
<b>Issues &amp; Options: Living with television</b>	<b>335</b>
Television and prosocial behavior	336
Summary	337
Key terms	339
Suggested readings	339

## PART

## Middle Childhood 341

## FOUR

### CHAPTER 12 Physical and Cognitive Development in Middle Childhood 343

Physical growth and development	344
Exercise and diet	345
<b>Issues &amp; Options: Building healthy attitudes toward athletics</b>	<b>346</b>
Childhood obesity	348
Cognitive development: Revolutionary changes	348
Piaget's perspective: Concrete operations	350
The information-processing perspective	353
Memory development	355

Cognition in elementary school	358
Reading	358
Writing	359
Mathematics	360
Individual differences in cognitive development	362
Intelligence and intelligence testing	362
Intelligence and inheritance	364
Social cognition in middle childhood	365
New conceptions about other people	365
New conceptions about relationships	367
Moral development	368
Summary	371
Key terms	372
Suggested readings	372
CHAPTER 13 <u><i>Social and Emotional Development in Middle Childhood</i></u>	375
Who am I? The developing self in middle childhood	377
Changes in self-conception	378
Development and effects of self-esteem	380
Advances in self-regulation	381
Achievement in middle childhood	385
Perceiving ability	386
Individual differences in achievement motivation	386
Social relations in middle childhood	389
<b>Issues &amp; Options: Helping children become healthy achievers</b>	<b>390</b>
Sullivan's theory of interpersonal development	392
Changing conceptions of friendship	392
Middle childhood peer groups	394
The growth of social skills	396
Psychosocial problems of middle childhood	397
Childhood phobias	397
Attention-deficit hyperactivity disorder	399
Summary	400
Key terms	402
Suggested readings	402
CHAPTER 14 <u><i>The Social Context of Middle Childhood</i></u>	405
The child in the family	406
The effects of parenting styles	406
Families with working mothers: The importance of attitudes	407
<b>Issues &amp; Options: Latchkey children: Some practical suggestions for parents and educators</b>	<b>410</b>
Divorce in middle childhood	411
Differences among siblings	411
<b>Focus On: Hurried children, stressed children</b>	<b>412</b>

The child in the peer group	414
The structure and functioning of children's groups	414
The peer group as a context for development	416
Popularity and rejection in peer groups	417
Schools and development	419
What makes a good school? Traditional versus open education	419
<b>Focus On: Training programs for aggressive children</b>	<b>420</b>
Patterns of teacher-student interaction	423
Educating children with special needs	425
School and family	426
Summary	427
Key terms	429
Suggested readings	429

**PART**  
**FIVE**

*Adolescence* 431

CHAPTER 15 *Physical and Cognitive Development in Adolescence* 433

Physical development during adolescence	434
Changes at puberty	435
Adjusting to puberty	439
Effects of early versus late maturation	441
Health problems during adolescence	442
Eating disorders	442
Drinking and other drug use	444
<b>Focus On: Preventing teenage drug abuse</b>	<b>446</b>
Sexually transmitted diseases	447
Cognitive development during adolescence	448
<b>Issues &amp; Options: AIDS and adolescence: A preventable plague</b>	<b>449</b>
New ways of thinking	449
Why does thinking advance in adolescence?	454
<b>Focus On: Are there sex differences in mental abilities?</b>	<b>456</b>
Social cognition during adolescence	457
Assessing other people	457
Thinking about social conventions	459
Moral development	459
Summary	461
Key terms	462
Suggested readings	462

CHAPTER 16 *Social and Emotional Development in Adolescence* 465

The development of the self during adolescence	466
Changes in self-conception: Who am I?	467
Changes in self-esteem: How well do I like myself?	468
Establishing one's identity	469

The development of autonomy	473
Autonomy and family relationships	473
Autonomy and decision making	475
Autonomy and conformity	476
Changing social relationships	477
Best-friend intimacy	477
Opposite-sex relationships	479
<b>Issues &amp; Options: Loneliness and the college student:</b>	
<b>When intimacy is lacking</b>	<b>480</b>
Dating	482
Adolescent sexuality	483
Some psychological and social problems of adolescence	487
Crime and delinquency	487
Depression and suicide	490
<b>Focus On: Preventing teenage suicides</b>	<b>492</b>
Summary	493
Key terms	495
Suggested readings	495

## CHAPTER 17 *The Social Context of Adolescence* 497

Adolescents in the changing American family	499
Parent-teenager relations	499
A new balance of power	500
The influence of parenting styles	501
The impact of marital conflict and divorce	502
Adolescents in stepfamilies	503
Adolescent development in the peer group	504
Teenage cliques and crowds	505
Popularity and leadership in the peer group	506
Areas of peer group influence	507
Adolescent development in school	508
Age grouping	508
Tracking	509
What makes a high school good for students?	509
Criticisms of American high schools	501
Work and adolescent development	511
Recent trends	511
The typical job of an adolescent	512
The impact of work on adolescent development	513
Today's teenagers: Problems and possibilities	514
<b>Issues &amp; Options: When teenagers work</b>	<b>515</b>
Teenage pregnancy and parenthood	516
<b>Focus On: Preventing pregnancy:</b>	
<b>Sex education that's more than biology</b>	<b>518</b>
Drugs and inner-city adolescents	520
Dropping out of high school	521
Summary	523
Key terms	525
Suggested readings	525

APPENDIX

<u><i>Working with Infants, Children, and Adolescents</i></u>	527
<i>Credits</i>	541
<i>Bibliography</i>	543
<i>Glossary</i>	579
<i>Indexes</i>	587
<i>Name Index</i>	589
<i>Subject Index</i>	599