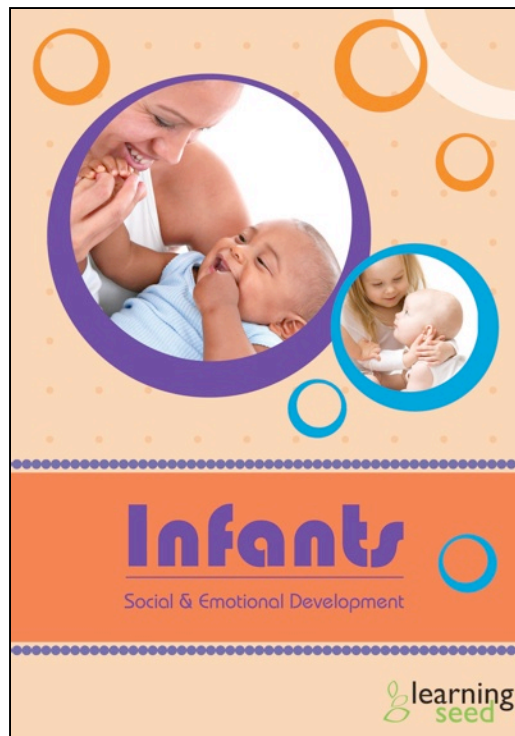


Infants: Social & Emotional Development



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Closed Captioning

This program is closed-captioned.

Summary

This program examines the social and emotional development of infants from birth to age 1. It examines the emotions they express as well as how they read the emotions of their caregivers. Viewers will learn about Erikson's stages of emotional development and focus on the "Trust vs. Mistrust" stage. The program defines stranger and separation anxiety, social referencing, attachment relationships, and infant temperaments. It also provides suggestions parents and caregivers can use to foster social and emotional development.

Key Facts About Emotions

Emotions

- Starting at birth, infants can feel interest, distress, disgust, and happiness.
- Between 2 and 6 months, their range of emotions broadens to include: anger, sadness, surprise, and fear.
- Babies go through emotional stages during their first year of life.
- Social/emotional milestones: (ages are approximate)
 - 2 - 3 months- react to others by exhibiting a social smile
 - 4 - 6 months - spontaneous laugh mimics others
 - 5 - 6 months - stranger anxiety surfaces
 - 7 - 10 months - separation anxiety surfaces
 - 8 - 10 months - they exhibit social referencing
 - 11 - 12 months - begin to regulate emotions

Key Facts About Stages of Development

Erikson's Theory

- Infants fall into the “Trust vs. Mistrust” stage of Erik Erikson’s theory of emotional development.
- If infants have a sense of trust, then they will also have a sense of hope and feel that their future needs will be met successfully.
- If an infant feels mistrustful, they may view the world as unfriendly and have difficulty forming bonds with others.
- Consistency is key to developing trust. One way to establish consistency is with routines.

Attachment

- Attachment is the two-way process through which infants form emotional bonds with another person—particularly a parent.
- Two components of attachment are: the child’s need for protection and comfort and the parent’s giving of care in response to those needs.
- John Bowlby and Mary Ainsworth were the pioneers of attachment theory.
- Bowlby identified four stages that babies go through as they form bonds with caregivers:
 - Pre-attachment, from birth to 6 weeks
 - Attachment in the Making, from 6 weeks to 6 months
 - Clear-Cut Attachment, from 6 months to 18 months to 2 years;
 - Formal Reciprocal Relationships, from 18 months and older.
- Mary Ainsworth expanded on Bowlby’s findings on the concept of the parent as a secure base.
- Secure attachment is characterized by the behaviors of the infant and the primary attachment figure.

Key Facts About Personality, Temperament, and Gender

Personality, Temperament and Gender

- Personality is the sum total of the characteristics that differentiate one person from another and is influenced by an individual’s temperament.
- Temperament refers to patterns of emotions that are consistent and enduring characteristics of an individual.
- Infants can be described according to three broad profiles: Easy babies, difficult babies, and slow to warm babies.

Easy Babies	Difficult Babies	Slow-to-Warm Babies
<p>Approximately 40% of babies fall into the Easy category. Easy babies have a positive disposition- they are usually in a good mood. When they ARE fussy, it is usually only mildly so, and they can often find ways to calm themselves down. They tend to eat and sleep on a regular schedule. In new situations, they show curiosity and adapt easily. Their emotional intensity is even-tempered.</p>	<p>About 10% of babies are categorized as difficult. This means they have more negative dispositions. They may seem restless, and their displeasure goes beyond “fussy.” They tend to be loud and intense and are difficult to soothe. They are usually light sleepers and require a lot of attention from their caregivers. In new situations they often withdraw and are slow to adapt.</p>	<p>Approximately 15% of babies are slow-to-warm. This means that they tend to be inactive and exhibit calm reactions to their environment. Even their reactions to hunger and discomfort are quiet. They seem generally shy but very aware of their surroundings. Slow-to-warm babies are easily over stimulated and when this happens they react by turning away. They tend to withdraw from new situations but slowly, cautiously, adapt to them over time.</p>

- About 35% of babies that do not consistently fit into one of those categories. These babies show a combination of these traits that may differ depending upon a given situation.
- Goodness-of-fit means that development is affected by the degree of match between a baby’s temperament and the demands of the environment in which they are being raised.
- There are greater differences among individual boys and among individual girls than the average differences between boys and girls on the whole.
- Parents of infants do play with boys and girls differently. Men engage in more rough and tumble play, and women tend to play calm, traditional games like peek-a-boo.

Suggested Activities

-Research the work of John Bowlby and Mary Ainsworth. Compare their findings to what modern Developmental psychologists are learning about attachment.

-Learn more about how temperament is measured: <http://www.temperament.com/measuring.html>

-Using the chart below, give a specific example of something a parent can do to exhibit each characteristic, which helps to foster secure attachment.

Characteristic	Example
Sensitivity- Respond quickly and satisfactorily to an infant's needs.	
Positive attitude - Use affirmative words and facial expressions during interactions.	
Support- Attend closely to and provide emotional support for the infant's behaviors.	
Mutuality- Create activities in which they and the infant attend to the same thing together.	
Synchrony- Structure smooth give and take interactions with the infant.	
Stimulation- Engage the infant in communication and activities frequently.	

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Matching Quiz

Match the words in the first column to the best available answer in the second column.

_____	An indicator that infants can see well at short distances.	1) separation anxiety
_____	The internal search for information about the feelings of others in order to help explain the meaning of uncertain circumstances.	2) routine
_____	The distress shown by infants when their usual caregiver departs.	3) secure base
_____	Key word in the infant's stage of Erikson's theory of emotional development.	4) mutuality
_____	Establishing this is a good way to establish consistency.	5) trust
_____	Primary caregiver's role in attachment	6) social smile
_____	Quality that promotes attachment whereby caregiver and child attend to the same activity together.	7) synchrony
_____	Quality that promotes attachment whereby caregiver frequently engages the infant in communication and activities.	8) sensitivity
_____	Quality that promotes attachment whereby caregiver structures smooth interactions with an infant.	9) stimulation
_____	Quality that promotes attachment whereby caregiver responds quickly and satisfactorily to an infants needs.	10) social referencing

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Matching Quiz Answer Key

__6__	An indicator that infants can see well at short distances.	1) separation anxiety
__10__	The internal search for information about the feelings of others in order to help explain the meaning of uncertain circumstances.	2) routine
__1__	The distress shown by infants when their usual caregiver departs.	3) secure base
__5__	Key word in the infant's stage of Erikson's theory of emotional development.	4) mutuality
__2__	Establishing this is a good way to establish consistency.	5) trust
__3__	Primary caregiver's role in attachment	6) social smile
__4__	Quality that promotes attachment whereby caregiver and child attend to the same activity together.	7) synchrony
__9__	Quality that promotes attachment whereby caregiver frequently engages the infant in communication and activities.	8) sensitivity
__7__	Quality that promotes attachment whereby caregiver structures smooth interactions with an infant.	9) stimulation
__8__	Quality that promotes attachment whereby caregiver responds quickly and satisfactorily to an infants needs.	10) social referencing

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Fill-In-The-Blank

Select the correct term from the list below and write it in the blank space. Some terms may be used more than once, while others not at all.

1. _____ is the degree of match between an infant’s temperament and the demands of the environment in which he is being raised.
2. Infants exhibit _____ anxiety when they show caution and wariness when they encounter an unfamiliar person.
3. Developmental theorist _____ identified specific stages individuals go through, where each stage involves a struggle between two opposite emotions.
4. _____ is the two-way process through which infants form emotional bonds with another person—particularly a parent.
5. The first formal theory of attachment was presented by _____.
6. _____ expanded on the attachment concept of the parent as secure base.
7. An infant’s _____ includes their patterns of emotions that are consistent and enduring characteristics.
8. Qualities of a (an) _____ baby include being a light sleeper and requiring a lot of attention from their caregivers. They make up 10% of infant temperaments.
9. Qualities of a (an) _____ baby include tending to eat and sleep on a regular schedule, showing curiosity and adapting easily to new situations. They make up 40% of infant temperaments
10. Qualities of a (an) _____ baby include seeming generally shy but very aware of their surroundings. They make up 15% of infant temperaments.

goodness-of-fit	easy	stranger
Erik Erikson	Mary Ainsworth	John Bowlby
attachment	temperament	happy
difficult	slow-to-warm	separation

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Fill-in-the-Blank Exercise Answer Key

1. Goodness-of-fit is the degree of match between an infant’s temperament and the demands of the environment in which he is being raised.
2. Infants exhibit stranger anxiety when they show caution and wariness when they encounter an unfamiliar person.
3. Developmental theorist Erik Erikson identified specific stages individuals go through, where each stage involves a struggle between two opposite emotions.
4. Attachment is the two-way process through which infants form emotional bonds with another person—particularly a parent .
5. The first formal theory of attachment was presented by John Bowlby.
6. Mary Ainsworth expanded on the attachment concept of the parent as secure base.
7. An infant’s temperament includes their patterns of emotions that are consistent and enduring characteristics.
8. Qualities of a (an) difficult baby include being a light sleeper and requiring a lot of attention from their caregivers. They make up 10% of infant temperaments.
9. Qualities of a (an) easy baby include tending to eat and sleep on a regular schedule, showing curiosity and adapting easily to new situations. They make up 40% of infant temperaments
10. Qualities of a (an) slow-to-warm baby include seeming generally shy but very aware of their surroundings. They make up 15% of infant temperaments.

goodness-of-fit	easy	stranger
Erik Erikson	Mary Ainsworth	John Bowlby
attachment	temperament	happy
difficult	slow-to-warm	separation

Additional Resources

Temperament

<http://www.temperament.com/>

Attachment

<http://www.personalityresearch.org/papers/lee.html>

Infant Care and Development

http://www.touchpoints.org/early_care.html

Erikson's Stages of Development

<http://www.childdevelopmentinfo.com/development/erickson.shtml>