



Emotional Development


Class Objectives

Chapter 10

- ▣ The development of emotions
- ▣ What is Temperament?

Emotions

- ▣ Feeling or affect, that occurs when a _____
- Especially to his or her well-being




Infancy

☐ _____
 (Basic emotions)
 - Joy, anger, surprise, interest, disgust,




Identify the Correct Emotion!



Fear
 Disgust
 Anger
 Sadness
 Interest
 Joy

Regulation of Emotion




☐ Regulation of emotion is a key dimension of development
 - _____


☐ Parents can help children learn to regulate their emotions:
 - _____ parent
 coaches the child on how to deal with their emotions
 - *Emotion-dismissing* _____

Positive Emotions

- ☐ Smiles
 - First month → reflex response
 - By 6 weeks → the social smile appears
 - By 7 months → smiles toward people; encourages interaction and bonding
- ☐ Laughing
 - By 3 to 4 months → during activities (i.e., playing)
 - By 1 year → response to unexpected events
 - By 2 years → response to own behavior or attempting to make others laugh

in a Sleeping Newborn



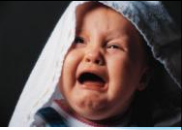


in an
8-Month-Old Infant

Negative Emotions

- ☐ Generalized distress
 - Newborns → hunger, pain, overstimulation
- ☐ Anger and/or sadness
 - 2 months → visible facial expression matches situation
- ☐ Fear and/or distress
 - 6-7 months to 2 years → *stranger wariness*
 - 7 to 12 months → fear of novel toys, noises, sudden movements
 - 8 to 15 months → *separation protest*


Crying




- ▣ **Basic Cry**
 - Starts softly, then gradually becomes more intense and usually occurs when a baby is hungry or tired
- ▣ **Anger Cry**
 - A more intense version of the basic cry
- ▣ **Pain Cry**
 - Begins with a sudden, long burst of crying, followed by a long pause and gasping
 - Described as sharp and piercing

How is fear displayed?

- ▣ _____ is the fear of and wariness towards strangers, which tends to appear in the second half of the first year
- ▣ Infants tend to be less fearful of strangers:
 - When the environment is familiar
 - _____
 - _____
 - _____





Stranger Anxiety

- ▣ Stranger anxiety is adaptive because it emerges at the same time that the child is being to master crawling
 - Being wary of strangers provides a natural restraint and makes the infant less likely to wander away from familiar caregivers
- ▣ _____
- _____
- _____

Separation Protest

which results in crying upon separation.

- This typically develops around the same time as _____ and is universal across cultures.

- ▣ Infants' growing cognitive skills allow them to ask questions with no readily apparent answers

- "Where is she going?"



Development of Complex Emotions

- ▣ In addition to the basic emotions, people feel complex emotions

- ▣ These are known as _____ that involve feelings of success when's standards are met and feelings of failure when they are not.



Self-Conscious Emotions

- Embarrassment

- Pride

- Occurs when the child completes a challenge with good performance

- Guilt and Shame

- Shame does not include empathy for others
- Parental practices influence their development
 - If parents talk about and give consequences – guilt

Research suggests that these complex emotions depend on the child having



These complex emotions usually develop between 18 months and 3 years

As the cognitive skills of children grow, children emotional expressions change as they better understand why people feel as they do.

Display Rules

A social group's informal norms about when, where, and how much one should show emotions and when and where displays of emotions should be suppressed or masked by displays of other emotions

- Using verbal or facial display rules to protect someone else's feelings
- Self-protective motive

Example of display rule:

Children in the US learn that they are supposed to express happiness or gratitude when they receive a gift from grandma, and by all means, to suppress any disappointment they may feel should the gift turn out to be pink fuzzy footed pajamas.

Display Rules Continued...

Same for boys and girls? _____

- In elementary school in the US:

- Girls are more attuned than boys to the need to inhibit emotional displays that may hurt someone else's feelings

Children seem to be attuned to display rules if they are valued in their culture or if an awareness of them serves an important function in the family

On Your Own

Read about emotional development from middle childhood through adulthood (p. 354 - 358)

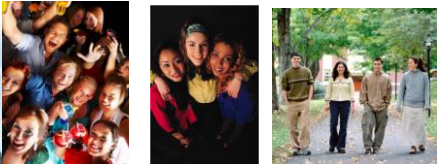


The school age child

Elementary school children begin to comprehend that people can have "mixed feelings".

- By about 8 yrs. children can realize how people can feel good and bad at the same time, which coincides with concrete operational thinking.

What kind of emotional behavior are adolescents known for?



Drama, Drama, Drama...

- Adolescents report more extreme and fleeting emotions than their parents.
- They are five times more likely to report being "very happy!!!"
- They are three times more likely to report feeling "very sad..."

Adulthood

- Developmental changes in emotion continue through the adult years.
- Despite stereotypes, the emotional lives of older adults are not bleak and filled with sadness.





Compared with younger adults, the older adults are more mellow.

What's Next?

- Temperament
