

Module 4. Social and Emotional Development

Assigned and Additional Readings	Reflection prompt For each reading (chapter), describe 2+ ideas from each chapter of the assigned readings that sparked some kind of reaction in you. Describe the section of the reading, describe your reaction. Be as specific as possible.
Chapter 11: Emotional development	<ol style="list-style-type: none">1.) The first concept that struck out to me is the 'toddler stage' in Erikson's theory of psychosocial development. According to Erickson, toddlers can either feel autonomy or shame and doubt during their early years. While toddlers are believed to develop autonomy when caregivers encourage self-sufficient behavior, they are also likely to develop feelings of shame and doubt when ridiculed or given too many demands too soon. As a parent of a toddler, this made me realize how vulnerable the toddler years are and how critical it is to promote healthy emotional development by giving the child the room to explore and discover the world without fear of consequence.2.) The second concept that I found important was the need to be critically aware of the limitations of Erikson's research and its lack of cross-cultural evidence. This means that we cannot simply assume that the developmental stages proposed by Erikson would be accepted across the globe. For example, different cultural groups may choose to discourage autonomy amongst children to encourage respect for rules and regulations and draw a boundary between the rights of children versus the rights of adults. This could also be a way for cultural groups to promote discipline. In assessing this limitation, I thought it important to keep in mind that although this research gives us valuable perspective in child development, it cannot be applied across the world, where different cultural practices may take place.3.) The third concept that I found important is the need for children to develop a 'secure attachment' with caregivers in order for them to feel comfortable exploring their

	<p>environment. In the text, we learn that when children are securely attached, they actively engage with toys and their surroundings, knowing that their loved one will return. However, without security, children can exhibit insecure-avoidant attachment, where they fail to recognize the caregiver's presence, or insecure-resistant attachment, where they are feeling extreme emotions and are not easily comforted. Additionally, children can also develop a disorganized and disoriented attachment where they transition from feelings of calmness to being angry and scared the next second. As I reflected on these different developmental courses, I began to understand how important it is for children to feel safe and secure in the arms of their caregivers. By building trust, the child can confidently navigate through new and complex situations, knowing that they will be safe.</p>
<p>Chapter 12: Self and social understandings</p>	<ol style="list-style-type: none"> 1.) The first idea that piqued my curiosity is the development of 'the sense of self.' In the text, we learn that self-perception is tied with self-worth and self-esteem. This then identifies our ability to determine if we view ourselves as a good person and we believe ourselves to be 'deserving' human beings. In further analyzing the development of self-perception, I realized how crucial it is for children to develop a positive self-concept so that they can adequately pursue their goals and develop a healthy perception of their own sense of purpose. I believe that if we can help our children see their strengths and positive attributes, they will in turn, view themselves as worthy individuals. 2.) The second idea that I found helpful is the need to be honest with the child, to not only address the child's shortcomings, but to highlight areas where there is room for improvement. In the text, we learn that children are bound to be more successful if they are given the appropriate guidance and feedback they need to overcome their weaknesses. This also helps them prepare to handle more difficult tasks in the future. As I reflect on this concept, I realized that children must learn to handle adversity at an early age in order for them to know how to overcome more complex challenges. As a parent, this made me realize how important it is to be there as a support and guide rather than the 'problem-solver.' By teaching my child how to accept mistakes and focus on areas of growth, I believe that she can learn how to overcome the feeling of failure. 3.) A third idea that stood out to me is the process in which children develop explanations of the psychological world. According to the text, when children gain a sense of understanding of other people's beliefs, motives and

	<p>intentions, they use this knowledge in their daily interactions to help them decide on actions that they believe will help fulfill others' motivations as well as their own desires. I personally find it extremely valuable for children to recognize people's viewpoints so that they can be cognizant of what others think and formulate their own perception of the right and wrong courses of action. Not only would this increase childrens' sense of awareness but also make them more alert to how their actions may affect others.</p>
Optional Chapters	

Self-Assigned Readings	Reflection prompt
<p>3 or more thoughtful selections related to the ideas in this module. List readings in APA format.</p>	<p>For each reading, describe</p> <ol style="list-style-type: none"> 1. What made you choose this reading? What specifically is it related to in the chapter readings? 2. Describe your thoughts after reading it.
<p>American Psychological Association. (2013, April 1). <i>What makes kids care? Teaching gentleness in a violent world</i>. https://www.apa.org/topics/parenting/teaching-kids-gentleness</p>	<p>Title: What makes kids care? Teaching gentleness in a violent world.</p> <ol style="list-style-type: none"> 1.) I chose this reading because I believe that parents have a big responsibility to protect and guide the children they bring into the world. In our readings, we learn about the need to build on security attachment so that our children can feel safe in their new environments. I think it is highly beneficial for parents and caregivers to not only nurture the needs of the child but to focus on helping the child establish a sense of permanency so that he/she will not develop a fear of abandonment in the long run. 2.) After reading the text, I developed a better understanding of how children learn empathy and care through the adult figures they are surrounded by. This makes it especially important for parents to be mindful of the televised content children are exposed to and to positively model behavior that encourages compassion and concerns for others. In this article, we learn that treating children with dignity and respect can ultimately help them develop dignity and respect for all living things. It is also encouraged for parents to use discussion to teach children to better understand what is happening around them and empower them to recognize alternatives to negative behavior. This article allowed me to better understand the positive effects of gentle parenting and how critical it is to discuss events and experiences with children rather than avoiding difficult topics and conversations.

<p>Robson B. E. (1991). Children of Disrupted Families: Reducing the harmful effects. <i>Canadian family physician Medecin de famille canadien</i>, 37, 436–440.</p>	<p>Title: Children of Disrupted Families</p> <ol style="list-style-type: none"> 1.) I chose this reading because I find it extremely valuable to understand the gravity of divorce and separation on the well-being of the child. As the daughter of divorced parents, I am aware that my upbringing has greatly impacted the person I am today and believe it important to critically analyze the effects of separation on child development. In our readings, we learn that we must pay close attention when a disruption in the family occurs, for children can go under extreme distress and regress in basic skills such as losing bladder control or losing sleep. As a parent who is in the process of going through a separation, I think it is necessary for me to better understand what I can do to help my child cope with her new routine as her father and I establish a healthy co-parenting plan. 2.) Reading this article gave me wisdom on risks that arise when divorce and parental separation is not handled in a healthy and cohesive manner. The text explains how risks of attempted suicide are higher when adolescents fail to cope with feelings of anger, fear and depression. Young children are also bound to experience guilt and become less affectionate and non-compliant due to the changes in their routine and feelings of abandonment. To decrease chances for separation anxiety, it is encouraged that parents acknowledge feelings that arise and calmly explain the reasons for the separation. Reading this article opened my eyes to the need to pay close attention to my child's behavior and difficult experiences with coping. I also found it essential to begin to use preventative methods such as buying relevant books to help her better understand our new situation as we transition. I also learned that regression is expected and that it is critical to use this time period to support positive growth to reduce the harmful effects that may result in the long run.
<p>Trujillo, M. (2022, March 14). <i>Big feelings in little people – ways to support children in managing difficult emotions</i>. MindSpark. Retrieved March 28, 2023, from https://www.mindspark.org/blog/2022/3/14/big-feelings-in-little-people-ways-to-support-children-in-managing-difficult-emotions</p>	<p>Title: Big Feelings in Little People – Ways to Support Children in Managing Difficult Emotion</p> <ol style="list-style-type: none"> 1.) I chose this reading because I am interested in deeply understanding the meaning behind toddlers' emotions. In our readings, we learned that children experience ranges of emotions such as feelings of happiness, anger, fear, sadness, disgust, anxiety, shame, guilt and pride. The ability to understand the sources of these emotions can help us better understand young children's needs and will enable us to help them regulate what they're feeling. I think that having this skill as a parent can be truly beneficial in promoting the wellbeing of the child and in

g-difficult-emotions	<p>helping them to feel heard and recognized.</p> <p>2.) This article gave us perspective of the waves of emotions children go through and the need to empathize and support their challenges. A beneficial skill mentioned is 'co-regulation,' where adults learn to regulate themselves and model calm behavior as the child learns to self-regulate. This is done by breathing together, showing an empathetic tone and providing reassurance that we are there to help. I found this article to be very helpful because it gave me essential advice on how I can keep my child relaxed in high-stress situations. It also provided clarity of the behavior we should be modeling when our child is experiencing a wide range of emotions. As parents, it is advised that we value our children's feelings and opinions and provide them with safe and calm opportunities to express themselves, even at a young age.</p>
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Possible discussion topics with the instructor (David Wong)

Describe 2 or more things related to the ideas in this module you want to talk more about with the instructor. Be really specific about the terms or ideas in the readings you are referring to. You can ask questions, offer an opinion, anything that can start our discussion!

1. First, I would like to talk more about the separation process between adults and what co-parenting strategies can be beneficial to manage the disruption occurring in a young child's life.
 - a. *What co-parenting plan is best for a young child, to minimize disruption and feelings of abandonment?*
 - b. *How can we best explain the process of separation to the child?*
2. Next, I would like to talk about how to overcome negative and fearful emotions that arise when a child has developed a bad memory of a situation/event. For example, a negative experience at the dentist or doctor has led to a child fearing future visits.
 - a. *What can we do to reverse the fear the child has developed?*
 - b. *How can we alleviate feelings of anxiety in new and unfamiliar environments?*