

Chapter 8:
Emotional and
Social Development
of Infants

Section 8.1-Understanding Emotional Development of Infants

- o Define:
 - o Emotional development
 - o Attachment
 - o Failure to thrive
 - o temperament

o Emotional Development

- o Begins at birth
- o Continues throughout life
- o As important as physical development
- o Establishes personal identity
- o Develops self-confidence
- o Helps to handle stress
- o Empathy for others

6 Emotions of Infants

- o Sadness
- o Interest
- o Joy
- o Disgust
- o Anger
- o Fear

Attachment

- o What is it?
 - o Helps develop trust, self-esteem, and social and emotional skills
 - o Starts in the first few months of life
 - o Fully formed around 2 years old
 - o Erik Erikson suggests that people learn to trust or mistrust the world during their first year.

3 C's

- o How can you help a child build attachment?
 - o Contact
 - o Consistent Care
 - o Communication

Failure to Thrive

- o Caused by lack of love and attention
 - o Neglect
 - o Abuse
 - o Other form of stress
- o Do not respond to people and objects
- o Cries weaken
- o Smiles fade
- o Become withdrawn
- o Unable to develop relationships with others as an adult
- o Children who live in poverty are more likely to fail to thrive than other children

Temperament

- o Helps determine how a baby reacts to his/her environment
- o Unique
- o Helps to figure out the care he/she needs
- o Page 242
 - o Foldable
 - o Cut off last row

Review

- o What are 6 basic emotions infants display?
- o Sadness, interest, joy, anger, disgust, and fear
- o How can you help an infant build attachment?
- o Contact, consistent care, communication
- o True/False Everyone has a unique temperament.

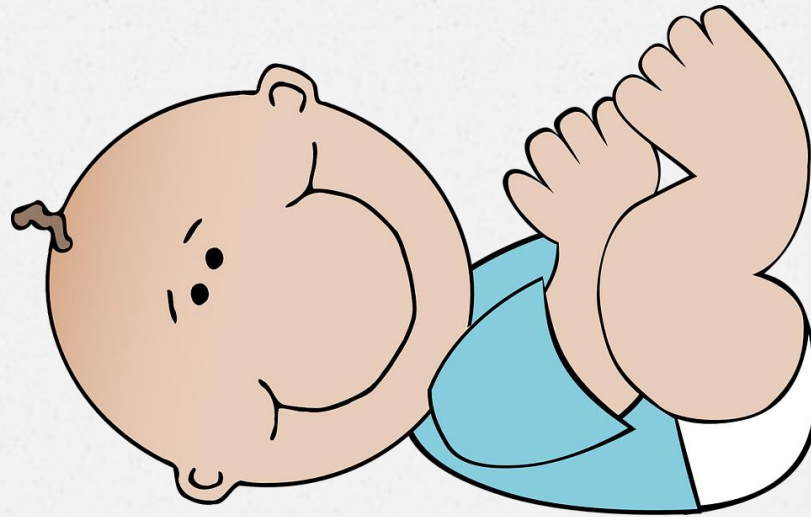
Temperament Conflicts

- o What if a baby's temperament is different from the parent's?
 - o Remember the temperament cannot be changed
 - o Parents should learn to adapt
 - o Do not punish for temperament traits

Emotional Climate

- Babies are very sensitive to the feelings of people around them
- Babies can sense fear, anger, anxiety, etc.
- Negative feelings can hinder an infant's emotional development
- Babies need to feel affection and care

Temperament Charades



Assignment

- o Pg 243 #5
- o Describe your temperament using the nine temperament traits described in the section. Now imagine you are caring for a child whose temperament is very different from yours. Write a letter to a friend describing how this could be challenging and what strategies you might use to handle the situation.

True/False: Play is a vital part
of a baby's social
development?



Section 8.2-Understanding Social Development

- o Define:
 - o Social development
 - o Cause and effect
 - o Model
 - o Stranger anxiety
 - o Play environment

Social Development

- A child who experiences healthy social development will be able to communicate well with others, connect with others, and show tolerance for others.

How do babies learn through cause and effect?

- o Observation
- o Certain behaviors earn a positive response
 - o Smiling, love and attention
 - o More likely to repeat these behaviors



How do babies learn through imitation?

- o Parents and caregivers should model desirable behaviors
- o Provide consistent responses to help a baby understand what behaviors are desirable

Social Development Milestones

- o 1 month
- o 2-3 months
- o 4-6 months
- o 7-8 months
- o 9-10 months
- o 11-12 months

What is Stranger Anxiety?

- Begins around 8 months old
- Normal part of development
- Time and understanding
- Provide consistent responses
- Act welcoming toward new people
- Never force a baby to be held by unfamiliar people
- May happen if someone they know looks different

Review

- When do babies typically begin to smile?
- Give an example of a game that a parent can play with a baby to teach cause and effect.
- Why do you think being able to play peek-a-boo is an important developmental milestone in babies?

Play Time

- o The job of a baby is to play
- o Babies learn about the world around them by playing
- o Helps children learn how to interact with adults and other children
- o Strengthens attachment
- o Develops motor skills





Strategies for Play

Birth to 6 months

6 months to 1 year

Safe Play Environment

- o Safety gates
- o Colorful toys
- o Toys that move and make noise
- o Age appropriate toys
- o Use safety checklists
- o Wash toys

Exploration

- o Babies explore with all of their senses



- o Repeatedly throw or drop things to see what happens
- o Babies play to explore
- o Provide encouragement and positive responses
- o Participate in exploration with baby