

## Psychosocial Development Birth to Three Years

### Emotions

Develop soon after birth

Crying communicates needs

First smiles result from nervous system activity

### Temperament

Inborn and hereditary

3 categories: easy, difficult, slow-to-warm-up

The family

Bonding influences development

Shape gender differences

### Developing trust

Trust versus mistrust

### Attachment

Established through parent-child interactions

Influenced by baby's temperament

Attachment patterns

Secure

Avoidant

Ambivalent

Disorganized-disoriented

Effects

Secure attachment leads to independence, competence, curiosity, self-reliance, better social relationships

### Mutual regulation

Infants and adults affect emotional states

Social referencing

### Stranger anxiety

Common around 8-9 months

Separation anxiety

### Developing autonomy

Seek independence

Test control over world

Try new ideas

Make decisions

Autonomy versus shame and doubt

Erikson's second crisis

18 mos. to 3 years

Virtue of will

Toilet training important in self-control

“Terrible twos” is a drive for autonomy  
Parents set limits and offer choices

Self-regulation: control of behavior to conform to caregiver’s expectations  
Physical, cognitive and emotional development  
Parents’ approval matters most  
Self-regulation takes about 3 years  
Socialization develops the skills, behaviors, and values needed in society  
Compliance  
Internalization  
Conscience

Relationships with siblings  
Longest lasting  
Influence each other  
Arrival of a new baby  
Reactions include happiness, withdrawal and regression  
Problems are short lived  
Parents should prepare older child  
Rivalry occurs with affection

Good Day Care  
Small groups are best  
Educational toys and materials  
Structured activities and free play  
Clean and safe  
Promotes good health habits  
Sensitive and responsive staff