

# Contents

A Personal Note to Students xii

Preface for Instructors xiii

## Part I: Theory and Research in Child Development 2

### 1 History, Theory, and Applied Directions 2

The Field of Child Development 4

*Domains of Development* 4

*Periods of Development* 5

Basic Issues 6

*Continuous or Discontinuous Development?* 7

*One Course of Development or Many?* 8

*Relative Influence of Nature and Nurture?* 8

*A Balanced Point of View* 9

**Biology and Environment:** Resilient Children 10

Historical Foundations 10

*Medieval Times* 10

*The Reformation* 11

*Philosophies of the Enlightenment* 12

*Scientific Beginnings* 12

**From Research to Practice:** Social Change  
and the Popular Literature on Parenting 15

Mid-Twentieth-Century Theories 16

*The Psychoanalytic Perspective* 16

*Behaviorism and Social Learning Theory* 19

*Piaget's Cognitive-Developmental Theory* 20

Recent Theoretical Perspectives 22

*Information Processing* 22

*Ethology and Evolutionary Developmental Psychology* 24

*Vygotsky's Sociocultural Theory* 25

*Ecological Systems Theory* 26

**Cultural Influences:** !Kung Infancy: Acquiring Culture 27

*New Directions: Development as a Dynamic System* 29

Comparing Child Development Theories 30

Applied Directions: Child Development and  
Social Policy 32

*Culture and Public Policies* 33

*Contributions of Child Development Research* 34

**Social Issues:** Welfare Reform, Poverty, and Child  
Development 35

*Looking Toward the Future* 36

Summary 37

Important Terms and Concepts 39

### 2 Research Strategies 40

From Theory to Hypothesis 42

Common Methods of Gathering Information 42

*Systematic Observation* 43

*Self-Reports: Interviews and Questionnaires* 46

*Psychophysiological Methods* 47

*The Clinical, or Case Study, Method* 49

**Biology and Environment:** Prenatal Iron Deficiency,  
Brain Development, and Memory Impairments in Infants  
of Diabetic Mothers: Findings of ERP Research 50

*Methods for Studying Culture* 50

**Cultural Influences:** Immigrant Youths:

*Amazing Adaptation* 52

Reliability and Validity: Keys to Scientifically  
Sound Research 54

*Reliability* 54

*Validity* 54

General Research Designs 55

*Correlational Design* 55

*Experimental Design* 57

*Modified Experimental Designs* 57

**Social Issues:** Can Musical Experiences Enhance  
Intelligence? 59

Designs for Studying Development 60

*The Longitudinal Design* 60

*The Cross-Sectional Design* 62

*Improving Developmental Designs* 63

Ethics in Research on Children 65

**From Research to Practice:** Children's Research Risks:  
Developmental and Individual Differences 67

Summary 68

Important Terms and Concepts 69

## Part II: Foundations of Development 70

### 3 Biological Foundations, Prenatal Development, and Birth 70

Genetic Foundations 72

*The Genetic Code* 72

*The Sex Cells* 73

*Boy or Girl?* 74

*Multiple Offspring* 74

*Patterns of Genetic Inheritance* 75

*Chromosomal Abnormalities* 80

## Reproductive Choices 82

*Genetic Counseling* 82

*Prenatal Diagnosis and Fetal Medicine* 82

## **From Research to Practice:** The Pros and Cons of Reproductive Technologies 84

## Prenatal Development 86

*Conception* 87

## **Milestones:** Prenatal Development 88

*The Period of the Zygote* 88

*The Period of the Embryo* 90

*The Period of the Fetus* 91

## Prenatal Environmental Influences 93

*Teratogens* 93

## **Biology and Environment:** The Prenatal Environment and Health in Later Life 96

*Other Maternal Factors* 102

## Childbirth 106

*The Baby's Adaptation to Labor and Delivery* 106

*The Newborn Baby's Appearance* 107

*Assessing the Newborn's Physical Condition:*

*The Apgar Scale* 108

## Approaches to Childbirth 108

*Natural, or Prepared, Childbirth* 109

*Home Delivery* 110

*Labor and Delivery Medication* 111

## Birth Complications 111

*Oxygen Deprivation* 111

*Preterm and Low-Birth-Weight Infants* 112

## **Social Issues:** A Cross-National Perspective on Health Care and Other Policies for Parents and Newborn Babies 116

*Birth Complications, Parenting, and Resilience* 116

## Heredity, Environment, and Behavior:

**A Look Ahead** 118

*The Question, "How Much?"* 119

*The Question, "How?"* 120

## Summary 124

## Important Terms and Concepts 125

# 4 Infancy: Early Learning, Motor Skills, and Perceptual Capacities 126

## The Organized Newborn 128

*Reflexes* 128

*States* 130

## **Cultural Influences:** Cultural Variation in Infant Sleeping Arrangements 132

## **From Research to Practice:** The Mysterious Tragedy of Sudden Infant Death Syndrome 134

*Neonatal Behavioral Assessment* 137

*Learning Capacities* 137

## Motor Development in Infancy 144

## **Milestones:** Gross and Fine Motor Development in the First Two Years 145

*The Sequence of Motor Development* 145

*Motor Skills as Dynamic Systems* 146

*Fine Motor Development: Reaching and Grasping* 148

## Perceptual Development in Infancy 150

*Touch* 150

*Taste and Smell* 151

*Hearing* 152

## **Biology and Environment:** "Tuning In" to Familiar Speech, Faces, and Music: A Sensitive Period for Culture-Specific Learning 154

## **Milestones:** Development of Touch, Taste, Smell, and Hearing 155

*Vision* 155

## **Biology and Environment:** Development of Infants with Severe Visual Impairments 159

*Intermodal Perception* 163

## **Milestones:** Visual Development in Infancy 164

*Understanding Perceptual Development* 165

## Early Deprivation and Enrichment: Is Infancy a Sensitive Period of Development? 167

## Summary 169

## Important Terms and Concepts 171

# 5 Physical Growth 172

## The Course of Physical Growth 174

*Changes in Body Size* 174

*Changes in Body Proportions* 175

*Changes in Muscle-Fat Makeup* 175

*Skeletal Growth* 176

*Gains in Gross Motor Skills* 176

## **Milestones:** Gross Motor Development in Early and Middle Childhood 177

## **From Research to Practice:** Sex Differences in Gross Motor Development 178

*Hormonal Influences on Physical Growth* 180

*Worldwide Variations in Body Size* 181

*Secular Trends* 182

## Brain Development 183

*Development of Neurons* 183

*Development of the Cerebral Cortex* 184

## **Biology and Environment:** Brain Plasticity: Insights from Research on Brain-Damaged Children and Adults 187

*Other Advances in Brain Development* 188

*Sensitive Periods in Brain Development* 189

## Factors Affecting Physical Growth 190

*Heredity* 190

*Nutrition* 191

**Biology and Environment:** Low-Level Lead Exposure and Children's Development 192  
*Infectious Disease* 198  
*Emotional Well-Being* 199

**Puberty: The Physical Transition to Adulthood** 200

*Sexual Maturation in Girls* 200

**Milestones:** Pubertal Development in North American Boys and Girls 201

*Sexual Maturation in Boys* 201

*Individual and Group Differences in Pubertal Growth* 202

**The Psychological Impact of Pubertal Events** 202

*Is Puberty Inevitably a Period of Storm and Stress?* 203

*Reactions to Pubertal Changes* 203

*Pubertal Change, Emotion, and Social Behavior* 204

*Early versus Late Pubertal Timing* 206

**Puberty and Adolescent Health** 208

*Eating Disorders* 208

*Sexuality* 209

**Social Issues:** Gay, Lesbian, and Bisexual Youths:

*Coming Out to Oneself and Others* 212

*Sexually Transmitted Disease* 214

*Adolescent Pregnancy and Parenthood* 215

*A Concluding Note* 218

**Summary** 218

**Important Terms and Concepts** 221

## Part III: Cognitive and Language Development 222

### 6 Cognitive Development: Piagetian, Core Knowledge, and Vygotskian Perspectives 222

**Piaget's Cognitive-Developmental Theory** 224

*Basic Characteristics of Piaget's Stages* 224

*Piaget's Ideas About Cognitive Change* 225

**The Sensorimotor Stage: Birth to 2 Years** 226

*Sensorimotor Development* 227

*Follow-Up Research on Infant Cognitive Development* 228

*Evaluation of the Sensorimotor Stage* 234

**Milestones:** Some Cognitive Attainments of Infancy and Toddlerhood 235

**The Preoperational Stage: 2 to 7 Years** 236

*Advances in Mental Representation* 236

*Limitations of Preoperational Thought* 240

*Follow-Up Research on Preoperational Thought* 242

*Evaluation of the Preoperational Stage* 245

**Milestones:** Some Cognitive Attainments of Early Childhood 246

**The Concrete Operational Stage: 7 to 11 Years** 247

*Concrete Operational Thought* 247

*Limitations of Concrete Operational Thought* 249

*Follow-Up Research on Concrete Operational Thought* 249

**Milestones:** Some Cognitive Attainments of Middle Childhood and Adolescence 250

**The Formal Operational Stage:**

**11 Years and Older** 251

*Hypothetico-Deductive Reasoning* 251

*Propositional Thought* 252

*Consequences of Abstract Thought* 252

*Follow-up Research on Formal Operational Thought* 254

**Piaget and Education** 256

**Overall Evaluation of Piaget's Theory** 257

*Is Piaget's Account of Cognitive Change Clear and Accurate?* 257

*Does Cognitive Development Take Place in Stages?* 257

*Piaget's Legacy* 258

**The Core Knowledge Perspective** 258

*Infancy: Physical and Numerical Knowledge* 259

*Children as Naïve Theorists* 261

**Biology and Environment:** Children's Understanding of Death 262

*Evaluation of the Core Knowledge Perspective* 264

**Vygotsky's Sociocultural Theory** 264

*Children's Private Speech* 265

*Social Origins of Cognitive Development* 265

*Vygotsky's View of Make-Believe Play* 267

**Vygotsky and Education** 267

**From Research to Practice:** Social Origins of Make-Believe Play 268

*Reciprocal Teaching* 269

*Cooperative Learning* 269

**Cultural Influences:** Children in Village and Tribal Cultures Observe and Participate in Adult Work 270

**Evaluation of Vygotsky's Theory** 271

**Summary** 272

**Important Terms and Concepts** 273

### 7 Cognitive Development: An Information-Processing Perspective 274

**The Information-Processing Approach** 276

**General Models of Information Processing** 276

*The Store Model* 276

*Connectionism* 279

## Developmental Theories of Information

### Processing 280

*Case's Neo-Piagetian Theory* 280

*Siegler's Model of Strategy Choice* 282

### **From Research to Practice:** Speech–Gesture Mismatches: Using the Hand to Read the Mind 284

### Attention 284

*Sustained, Selective, and Adaptable Attention* 285

*Planning* 287

### **Social Issues:** Enhancing Cognitive Control Through Preschool Education 288

### Memory 289

*Strategies for Storing Information* 289

### **Biology and Environment:** Children with Attention-Deficit Hyperactivity Disorder 290

*Retrieving Information* 292

*The Knowledge Base and Memory Performance* 295

*Scripts* 295

*Autobiographical Memory* 296

### **Biology and Environment:** Infantile Amnesia 298

*Eyewitness Memory* 298

### Metacognition 301

*Metacognitive Knowledge* 301

*Cognitive Self-Regulation* 302

### Applications of Information Processing to Academic Learning 304

*Reading* 304

### **Milestones:** Development of Information Processing 305

*Mathematics* 308

*Scientific Reasoning* 310

### Evaluation of the Information-Processing Approach 312

### Summary 313

### Important Terms and Concepts 315

## 8 Intelligence 316

### Definitions of Intelligence 318

*Alfred Binet: A Holistic View* 318

*The Factor Analysts: A Multifaceted View* 319

### Recent Advances in Defining Intelligence 320

*Combining Psychometric and Information-Processing Approaches* 321

*Sternberg's Triarchic Theory* 322

*Gardner's Theory of Multiple Intelligences* 323

### **From Research to Practice:** Emotional Intelligence 325

### Measuring Intelligence 325

*Some Commonly Used Intelligence Tests* 326

*Aptitude and Achievement Tests* 326

*Tests for Infants* 327

*Computation and Distribution of IQ Scores* 328

### What Do Intelligence Tests Predict, and How Well? 329

*Stability of IQ Scores* 329

*IQ as a Predictor of Academic Achievement* 330

*IQ as a Predictor of Occupational Attainment* 330

*IQ as a Predictor of Psychological Adjustment* 331

### Ethnic and Socioeconomic Variations in IQ 332

*Differences in General Intelligence* 333

*Differences in Specific Mental Abilities* 333

### Explaining Individual and Group Differences in IQ 334

*Genetic Influences* 334

*Adoption Studies: Joint Influence of Heredity and Environment* 336

### **Cultural Influences:** The Flynn Effect: Massive Generational Gains in IQ 337

*Race and Ethnicity: Genetic or Cultural Groupings?* 337

*Cultural Bias in Testing* 338

*Reducing Cultural Bias in Testing* 340

*Home Environment and Mental Development* 341

### **Social Issues:** High-Stakes Testing 342

### Early Intervention and Intellectual Development 345

*Benefits of Early Intervention* 346

### **Social Issues:** The Carolina Abecedarian Project:

*A Model of Early Intervention* 347

*The Future of Early Intervention* 348

### Giftedness: Creativity and Talent 349

*The Psychometric View* 349

*A Multifaceted View* 350

### Summary 354

### Important Terms and Concepts 355

## 9 Language Development 356

### Components of Language 358

### Theories of Language Development 358

*The Behaviorist Perspective* 359

*The Nativist Perspective* 359

### **Biology and Environment:** Deaf Children Invent Language 360

*The Interactionist Perspective* 364

### **Biology and Environment:** Language Development in Children with Williams Syndrome 365

### Prelinguistic Development: Getting Ready to Talk 367

*Receptivity to Language* 367

*First Speech Sounds* 369

*Becoming a Communicator* 369

### **From Research to Practice:** Parent–Child Interaction: Impact on Language and Cognitive Development of Deaf Children 371

**Phonological Development 372***The Early Phase 372**Appearance of Phonological Strategies 373**Later Phonological Development 374***Semantic Development 375***The Early Phase 375**Later Semantic Development 379**Ideas About How Semantic Development Takes Place 380***Grammatical Development 382***First Word Combinations 382**From Simple Sentences to Complex Grammar 384**Development of Complex Grammatical Forms 385**Later Grammatical Development 386**Ideas About How Grammatical Development Takes Place 387***Pragmatic Development 388***Acquiring Conversational Skills 389**Communicating Clearly 389**Narratives 390**Sociolinguistic Understanding 391***Development of Metalinguistic Awareness 392****Bilingualism: Learning Two Languages in Childhood 392****Milestones:** Language Development 394**Social Issues:** Two Approaches to Bilingual Education: Canada and the United States 395**Summary 396****Important Terms and Concepts 397****Part IV: Personality and Social Development 398****10 Emotional Development 398****Functions of Emotions 400***Emotions and Cognitive Processing 400**Emotions and Social Behavior 401**Emotions and Health 401***From Research to Practice:** Parental Depression and Child Development 402*Other Features of the Functionalist Approach 402***Development of Emotional Expression 404***Happiness 404**Anger and Sadness 405**Fear 405**Self-Conscious Emotions 406**Emotional Self-Regulation 407**Acquiring Emotional Display Rules 410***Understanding and Responding to the Emotions of Others 412***Social Referencing 412**Emotional Understanding in Childhood 413**Empathy and Sympathy 414***Milestones:** Emotional Development 416**Temperament and Development 417***The Structure of Temperament 417**Measuring Temperament 419**Stability of Temperament 419***Biology and Environment:** Development of Shyness and Sociability 420*Genetic and Environmental Influences 420**Temperament as a Predictor of Children's Behavior 423**Temperament and Child Rearing: The Goodness-of-Fit Model 423***Development of Attachment 425***Bowlby's Ethological Theory 426**Measuring the Security of Attachment 427**Stability of Attachment 428**Cultural Variations 429**Factors Affecting Attachment Security 430**Multiple Attachments: The Father's Special Role 434**Attachment and Later Development 434***Cultural Influences:** The Powerful Role of Paternal Warmth in Development 435**Attachment, Parental Employment, and Child Care 437****Social Issues:** Does Child Care in Infancy Threaten Attachment Security and Later Adjustment? 438**Summary 440****Important Terms and Concepts 441****11 Self and Social Understanding 442****Emergence of Self and Development of Self-Concept 444***Self-Awareness 444**The Categorical, Remembered, and Enduring Selves 446***Cultural Influences:** Cultural Variations in Personal Storytelling: Implications for Early Self-Concept 447*The Inner Self: Young Children's Theory of Mind 447**Self-Concept 451***Biology and Environment:** "Mindblindness" and Autism 452*Cognitive, Social, and Cultural Influences on Self-Concept 453***Milestones:** Emergence of Self and Development of Self-Concept 455**Self-Esteem: The Evaluative Side of Self-Concept 455***The Structure of Self-Esteem 456**Changes in Level of Self-Esteem: The Role of Social Comparisons 457*

*Influences on Self-Esteem* 457

*Achievement-Related Attributions* 459

**Milestones:** Development of Self-Esteem 463

Constructing an Identity:

Who Should I Become? 463

*Paths to Identity* 464

*Identity Status and Psychological Well-Being* 465

**Social Issues:** Adolescent Suicide: Annihilation of the Self 466

*Influences on Identity Development* 466

**Cultural Influences:** Identity Development Among Ethnic Minority Adolescents 468

Thinking About Other People 470

*Person Perception* 470

*Perspective Taking* 473

Thinking About Relations Between People:

Understanding Conflict 476

*Social Problem Solving* 476

*Training Social Problem Solving* 477

Summary 478

Important Terms and Concepts 479

## 12 Moral Development 480

Morality as Rooted in Human Nature 482

Morality as the Adoption of Societal Norms 484

*Psychoanalytic Theory* 484

*Social Learning Theory* 486

**Cultural Influences:** Ethnic Differences in the Consequences of Physical Punishment 489

*Limitations of "Morality as the Adoption of Societal Norms" Perspective* 490

Morality as Social Understanding 492

*Piaget's Theory of Moral Development* 492

*Evaluation of Piaget's Theory* 493

*Kohlberg's Extension of Piaget's Theory* 494

*Research on Kohlberg's Stages* 497

*Are There Sex Differences in Moral Reasoning?* 499

*Influences on Moral Reasoning* 500

*Moral Reasoning and Behavior* 502

*Religious Involvement and Moral Development* 503

**From Research to Practice:** Development of Civic Responsibility 504

*Further Challenges to Kohlberg's Theory* 505

*The Domain Approach to Moral Understanding* 506

*Distributive Justice* 508

**Milestones:** Internalization of Moral Norms and Development of Moral Understanding 510

Development of Morally Relevant Self-Control 510

*Toddlerhood* 511

*Childhood and Adolescence* 511

*Individual Differences* 512

**Milestones:** Development of Morally Relevant Self-Control and Aggression 513

The Other Side of Self-Control: Development of Aggression 513

*Emergence of Aggression* 514

*Aggression in Early and Middle Childhood* 514

*Aggression and Delinquency in Adolescence* 515

*Stability of Aggression* 515

*The Family as Training Ground for Aggressive Behavior* 516

*Social-Cognitive Deficits and Distortions* 517

**Biology and Environment:** Two Routes to Adolescent Delinquency 518

*Community and Cultural Influences* 519

**Cultural Influences:** Impact of Ethnic and Political Violence on Children 520

*Helping Children and Parents Control Aggression* 520

Summary 522

Important Terms and Concepts 523

## 13 Development of Sex Differences and Gender Roles 524

Gender Stereotypes and Gender Roles 526

*Gender Stereotyping in Early Childhood* 527

*Gender Stereotyping in Middle Childhood and Adolescence* 528

*Individual and Group Differences in Gender Stereotyping* 530

*Gender Stereotyping and Gender-Role Adoption* 530

Influences on Gender Stereotyping and Gender-Role Adoption 531

*The Case for Biology* 531

**Cultural Influences:** Sweden's Commitment to Gender Equality 533

**Biology and Environment:** David: A Boy Who Was Reared as a Girl 535

*The Case for Environment* 535

**From Research to Practice:** Children Learn About Gender Through Mother-Child Conversations 538

Gender Identity 543

*Emergence of Gender Identity* 544

*Gender Identity in Middle Childhood* 545

*Gender Identity in Adolescence* 546

*Gender Schema Theory* 547

**Milestones:** Gender Typing 549

To What Extent Do Boys and Girls Really Differ in Gender-Stereotyped Attributes? 549

*Mental Abilities* 550

**Biology and Environment:** Sex Differences in Spatial Abilities 552

*Personality Traits* 553

Developing Non-Gender-Stereotyped Children 558

Summary 560

Important Terms and Concepts 561

## Part V: Contexts for Development 562

### 14 The Family 562

Origins and Functions of the Family 564

The Family as a Social System 565

*Direct Influences* 565

*Indirect Influences* 566

*Adapting to Change* 566

**From Research to Practice:** The Transition to Parenthood 567

*The Family System in Context* 568

Socialization Within the Family 569

*Styles of Child Rearing* 569

*What Makes the Authoritative Style Effective?* 571

*Adapting Child Rearing to Children's Development* 573

**Biology and Environment:** Does Parenting Really Matter? 574

*Socioeconomic and Ethnic Variations in*

*Child Rearing* 576

Family Lifestyles and Transitions 579

**Cultural Influences:** The African-American Extended Family 580

*From Large to Small Families* 580

*One-Child Families* 583

*Adoptive Families* 584

*Gay and Lesbian Families* 585

*Never-Married Single-Parent Families* 585

*Divorce* 586

*Blended Families* 589

*Maternal Employment and Dual-Earner Families* 591

*Child Care* 592

*Self-Care* 594

Vulnerable Families: Child Maltreatment 595

*Incidence and Definitions* 595

*Origins of Child Maltreatment* 595

**Social Issues:** Child Sexual Abuse 597

*Consequences of Child Maltreatment* 598

*Preventing Child Maltreatment* 598

Summary 600

Important Terms and Concepts 601

### 15 Peers, Media, and Schooling 602

Importance of Peer Relations 604

Development of Peer Sociability 604

*Infant and Toddler Beginnings* 604

*The Preschool Years* 605

*Middle Childhood and Adolescence* 606

*Influences on Peer Sociability* 608

Friendship 610

*Thinking About Friendship* 611

*Characteristics of Friendships* 612

*Friendship and Adjustment* 614

Peer Acceptance 615

*Origins of Acceptance in the Peer Situation* 616

**Social Issues:** Bullies and Their Victims 618

*Helping Rejected Children* 619

Peer Groups 619

*First Peer Groups* 620

*Cliques and Crowds* 620

Dating 621

Peer Pressure and Conformity 623

**From Research to Practice:** Adolescent Substance Use and Abuse 624

**Milestones:** Development of Peer Relations 626

Media 627

*Television* 627

*Computers* 630

*Regulating Media Use* 633

Schooling 634

*Class and Student Body Size* 634

*Educational Philosophies* 635

**Social Issues:** School Recess—A Time to Play, a Time to Learn 636

**From Research to Practice:** School Readiness and Grade Retention 638

*School Transitions* 638

*Teacher–Student Interaction* 640

*Grouping Practices* 641

*Teaching Students with Special Needs* 642

*Parent–School Partnerships* 643

How Well-Educated Are North American Young People? 644

*Cross-National Research on*

*Academic Achievement* 644

*Making the Transition from School to Work* 645

Summary 647

Important Terms and Concepts 648

Glossary G-1

References R-1

Name Index NI-1

Subject Index SI-1