

Name: Sahira Javed
Student Number: 2014836

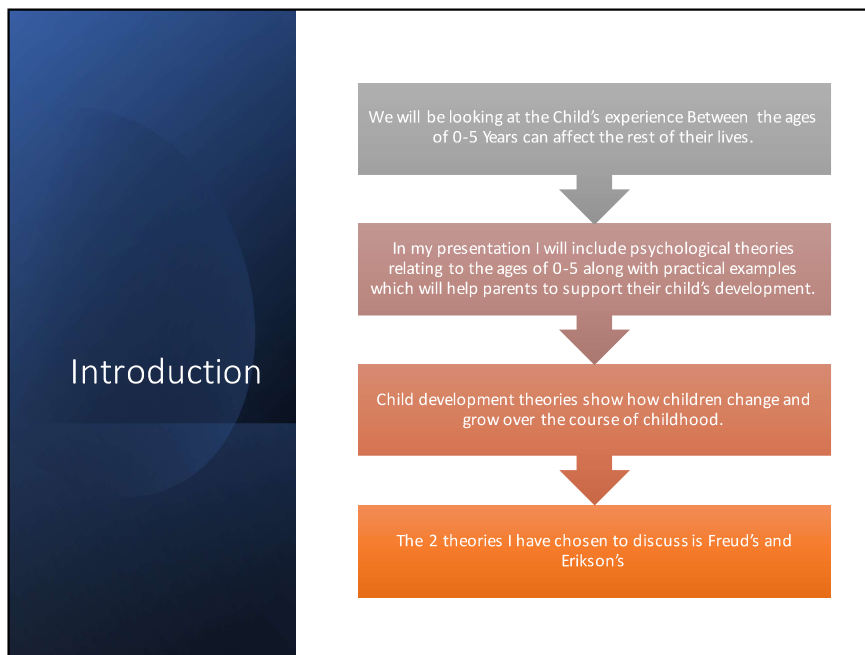
Module: Psychology, Health
and Social Care

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Lecturer: Rebecca Kavanagh

"A Child's experience
between the ages 0-5
years can affect the rest
of their lives"





Freuds has 5 stages of child developing their personality

1 ORAL - Birth to 1

2 Anal. 1-3

3 Phallic. 3-6

4 Latency 6 – Puberty

5 Genital Puberty - Death

The second theory I will be looking at is Erikson which has 8 stages of development

We will look at

Trust – Mistrust - Autonomy vs Shame - Initiative vs Guilt



Freud Theory Oral stage 0 to 1 year



According to Freud Child development occurs in a series of stages which concentrates on different pleasure areas of the body.

Children go through a series of psychosexual stages that lead to development of the adult personality

Freud's 5 stages of Psychosexual

The oral stage is an infant gets most of their pleasure from their mouth they play with their fingers thumb sucking

According to Freud if oral needs are not met then infant can develop oral fixation

Development of Trust with parents if not built, harder to build at later stage which can have lasting effects for rest of lives which leads to not trusting anyone.

According to Freud during the first stage of development is the child mouth. This stage is more associated with Biting, breastfeeding, sucking, and exploring.

Parents can help support the child by providing teething toys which will

help with sucking biting and also
recognition of toys at early stages

According to Garcia (1995) Freuds
theory was a way to establish
psychology as it was broken into
stages and can be established if
counselling is required for patients.



Sense of independence e.g Potty training parents attitudes can have negative lasting affects.

To support the child with potty training parents should praise and reward the child every time they sit on the potty which can have a positive outcome

Parents shouting annoyed can build fear in the child which can lead to negative impact and may take longer for a child to learn

According to Freud parents need to be very careful in how they react to their children during this sensitive stage.

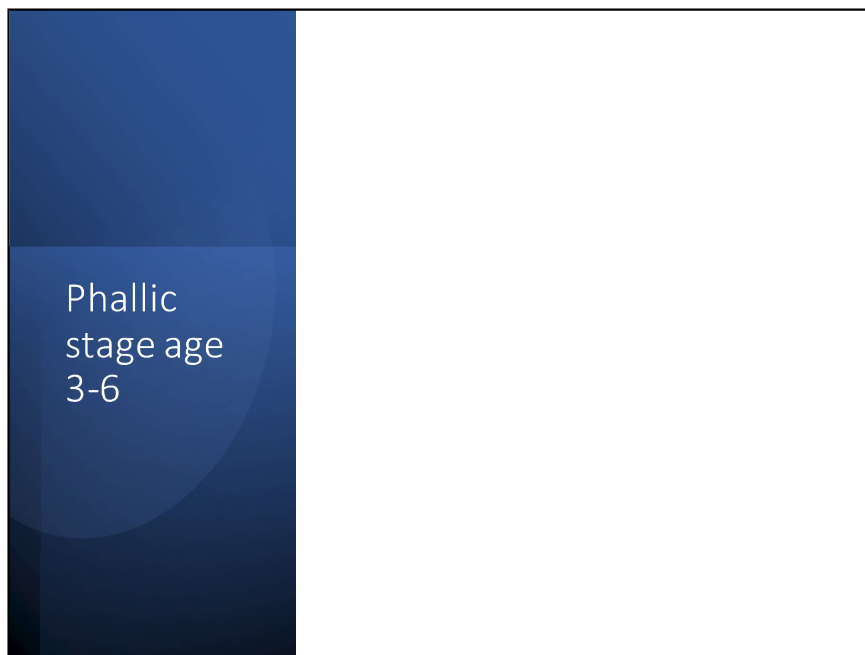
At this stage
child is
learning to
make own
choices e.g
what to eat,
wear, drink



IF choices are challenged by parents in a negative way this can affect how this sees authority and can have big impact in the future

To support the child development parents can help by encouraging them more help them dress pointing out what the child chooses to wear.

At this stage parents need be patience's because any frustration can have negative impact which can lead for a child to loose their confident



At this stage child is aware of their bodies other children bodies parents and they know the different between male and female

The baby girl gets more attached to the mother and boy gets attached to the father

According to Freud sexual differences could cause jealousy and fear therefore parents need to be careful when building relationships with their daughter and son so does not impact child's behavior at later stage.

Erikson's Stages of Psychosocial Development		
Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

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Erikson maintained that personality develops through 8 stages from infancy to Adulthood

During each stage the person experiences a positive or negative outcome

According to (Dunkel and Harbke 2017) Social media has a significant influence on youths' psychosocial development and its use has become a common social experience.



According to Erikson If an infant receives the care consistent they will develop a sense of trust which will carry with them to other relationships this will make the child feel secure

If the care is inconsistent and unreliable then the infant can develop a sense of mistrust and anxiety which can have a negative impact on the child confidence in the world around them

Autonomy
vs Shame
and Doubt
18 Months
to 3 years



At this stage it focused on developing a sense of personal control over physical skills and become more independent

At this stage child needs more encouragement for independence child picks up things walk away make choices what they want to wear eat etc if parents continue to build child's independence the child will feel secure

According to Erikson parents should continue to encourage the child's independence if child putting on clothes allow them to do this until they correct it which helps the child build confidence

If parents start getting angry and frustrated child will avoid doing such tasks and become reliant on others which can be difficult for child whilst being in school

Initiative vs Guilt

At this stage child likes to explore and do things on their own

Children learn about school and through social interactions.

According to Erickson theory children learn about themselves and their social world. Children at this age act various family scenes and roles.

Parents can help support child by encouraging them which has positive impact for the child to build more confidence makes them feel secure

Negative effects can impact the child's they will be dependent on others lack of self esteem later on in life

Child Development at age 0 – 5 Key Points for Parents

- According to Davies (2011) The first 5 years of life, experiences and relationships stimulate children's development, creating millions of connections in their brains.
- Parents can follow the child development timeline birth to 5 years
- The following information provides guidance on what to expect. Don't worry if your child does not meet the timeline all children are different it just a guidance to help parents. available at

<https://www.nhs.uk/child-development/interactive-child-development-timeline>.

Activities Parents can do with their child

- **0 – 12 Months** Make it Fun
- Use Music, sound and touch Stick your tongue out tickle them, make funny noises. Play together with fabric books talk to them.
- **12- 24 Months** – share stories together describe each page pictures, Play peekaboo, Sing songs to your child great way of learning about language.
- Get Creative draw pictures with your child.
- **2- 5 Years** --- Get creative make puppets get involved in conversations play pretend games, Explore outside plant a flower together go swimming

Reference

Davies, D. (2011). *Child development: A practitioner's guide* (3rd edn). New York: The Guildford Press.

Dunkel, C. S. And Harbke, C. (2017). A Review of Measures of Erikson's Stages of Psychosocial Development: Evidence for a General Factors: *Journal of adult development*, 24(1), pp. 58-76 doi:10.1007/s10804-016-9247-4.

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