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PRESENTATION:

“A CHILD’S EXPERIENCE BETWEEN THE AGES OF 0-5 YEARS CAN AFFECT THE REST OF THEIR LIVES”



INTRODUCTION

In this presentation I will be discussing how the experiences a child goes through between the ages of 0-5 affect the rest of their lives, as seen by the title. As parents our goal is to improve our children's lives as we read and interact with them from a young age because we are somewhat aware that child development within the first 5 years is essential. But just how aware are we of the importances of this? No two children develop in the same way with the same environment but there are sensitive periods where major developments are made. (Ramos, 2018)

Throughout this presentation I will be looking into Piaget's theory of cognitive development and Bandura's Social Learning Theory as well as the many things parents can do to help their child grow and develop.

PIAGET'S THEORY OF COGNITIVE DEVELOPMENT

Jean Piaget developed this theory to suggest that children move through 4 different stages of mental development and that they think comparatively differently to the stage before. He suggested that we learn things as a result of our experiences, however we make sense of those experiences at different stages of our lives. He believed that children take on an active role in the learning process and make observations as they learn about the world. (Cherry, 2020)

He has 3 basic components for this theory which will be discussed:

- Schemas
- Process of adaptation
- Stages of development

SCHEMAS AND PROCESSES OF ADAPTATION

A schema is a generic template of ideas and concepts that associate with experience and it's the basic building block of the theory. As people expand their knowledge their schemas expand to accommodate for the new information. Piaget said children used schemes to make sense and organise experiences with the external environment and that these schemes would change with age.

According to him, cognitive development occurs from 2 processes: adaption and equilibrium. Equilibrium is the balance and involves linking the child's adaptive functions with situational demands. Adaptation involves the child changing in order to meet situational demands and has 2 sub-processes: assimilation and accommodation. Assimilation is the application of old to new concepts and accommodation is altering the old concepts to account for new information.



THE 4 STAGES OF DEVELOPMENT

He developed 4 stages of cognitive development that children move through which reflects their ever growing sophistication.

1. **Sensorimotor stage:** between 0-2 years. During this stage the child learns by doing things like touching and looking. They develop object permanence and separation anxiety.
2. **Preoperational stage:** between 2-6 years. They use symbols to represent objects.
Egocentrism develops

Piaget suggested that during these 2 stages children learn through discovery using safety objects so that they can learn about them.

3. **Concrete operations:** between 7-12 years. They think logically about objects.
4. **Formal operations:** 12+ years. Can demonstrate abstract thinking in hypothetical terms

(Mcleod, 2020)

PRACTICAL APPLICATIONS FOR PARENTS

- Getting safe objects for the children to use and touch so that they can discover new objects. This will help them during their sensorimotor and preoperational stages. For example, putting beads or pasta on a string.
- Teaching them to distinguish between objects to help with their process of adaptation
- Leaving them alone in a safe way to allow them to explore with pots and pans



By doing this parents are enabling the cognitive development of their child to expand as they are shown new things in life.

BANDURA'S SOCIAL LEARNING THEORY

Bandura proposed the social learning theory which suggests that children learn through observing and imitating the behaviour of others. The people that they imitate are usually people that they consider to be role models such as their parents, older siblings or teachers.

Bandura proposed 4 mediation processes that he believed people do:

1. Attention: this is paying attention to the behaviour
2. Retention: this is remembering that behaviour
3. Reproduction: this is copying the behaviour using the memory of what they saw
4. Motivation: the reason for reproducing the behaviour

(Mcleod, 2016)



BANDURAS BOBO DOLLS EXPERIMENT

36 boys and 36 girls were took part in the experiment. There were 2 conditions: the aggressive and non-aggressive conditions.

In the aggressive condition, the adults were physically and verbally violent with the bobo dolls.

In the non-aggressive condition the adults played with the toys and ignored the bobo dolls. They found that the non-aggressive group was less aggressive than the aggressive group. They also found that children exposed to the violent model tended to imitate the exact behaviour. (Cherry, 2020)

PRACTICAL APPLICATIONS FOR PARENTS

- Praising the children for good things that they do like saying “well done”
- Rewarding them for good behaviour, for example giving them sweets
- Make eye contact with the children when doing tasks like putting your rubbish in the bin and washing your hands and face after meals.



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