

Component 1 - Presentation

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Introduction

- Hello, I am Seveta. I am making this presentation to present my plan on how Isaacs early experiences have shaped his development while also providing a plan to support him through these times. I will be using the Erikson's psychosocial theory.
- The case study mentions that his mother is going through post-natal depression and has limited social support and confidence which takes a toll on Isaac as well.
- My understanding from the case study is that Isaac is a young child (4 years old) who is suffering difficulties with socialising which is shown when it says he is quiet and withdrawn in free play. He also shows signs of strong attachment to his mother, showing distress when separated. Isaac also has trouble sleeping which may affect later development if unaddressed and may put him behind in some pathways. In the reference linked, it says that development is lifelong and psychosocial which shows that even during these times its possible all the way up to Isaac coming of old age to support him and put him on the right track for life.- *Erikson E.H (1963)*

My overview

- In Erikson's theory, he believes that development of a child or anyone in particular goes through 8 different psychosocial changes. Each stage contains both a conflict or challenge. The goal of the individual is to resolve the challenge and then go through healthy development, usually the caregivers who resolve them.
- In this scenario, Isaac is in the Initiative vs Guilt stage which goes through ages 3-6. This is when they start making social interactions at a surface level and/or may make up activities or games to further strengthen this. If they are encouraged and they aren't made to believe that what they are doing is intrusive and such it leads to them developing initiative, however if they are told that it is silly or many other comments which do not encourage it/support it may lead to the child developing guilt or low self esteem. This may be the case for Isaac.

Applying the key concepts

- Isaac is 4, this means that he is going through the early stages of development in Eriksons E.H theory - (Erikson, 1968). Initiative vs Guilt. This is when the child starts learning how to control their environment by social interactions and playing. Its up to the people and caregiver's responses to this which influences if the child starts building a sense of initiative or guilt/hesitation.
- In this case, Isaac's mother is suffering post-natal depression which means that the mother – child bond isn't emotionally strengthened and instead may lead to the child just being extremely clingy while the mother/father does not feel much feelings for the child which may be completely involuntary and leads to extreme mental health impacts if it is involuntary, leading to the parent thinking that they aren't good enough or just heartless.
- Due to Isaac moving there is a clear disruption with his disrupted childcare arrangements which means temporarily their bond may weaken or stay stationary. This means that there is not consistent responses from his environment which allows him to build initiative and is instead in confident to interact with people.
- The little social contact in substitution leads to Isaac being extremely clingy to his maternal figure and showing clear emotional distress when separated. His language delays may also lead to poor development as his little understanding of the language means that he does not have the confidence to interact with people and instead may speak English in moderation which means that he practically isolates himself involuntarily due to this meaning that even if he approaches someone there isn't a guarantee he will build initiative off of the interaction and may build guilt off of it as there may be clear miscommunication which takes a negative toll on Isaacs confidence.

Applying key concepts - P2

- In the case study, it shows that Isaac has trouble sleeping. Trouble sleeping can show underlying signs of anxiety and insecurity which means that Isaac hasn't built the initiative to relax and know that everything is safe as he hasn't interacted with enough people leading to him being alert even when it's safe as he constantly thinks his environment poses a threat to him. Having difficulties sleeping may also lead to harsh setbacks later in his development as Isaac will not have the sufficient energy to overcome his language delays and interact with people socially which further leads to his confidence being at a standstill or weakening further.
- As Isaac does little interactions it means that his brain is not properly developing a sense of security and confidence meaning that when he is lying down in a weak position his brain does not have the sense of security from his environment and instead stays alert, draining his energy slowly.
- As a result, the mother may think that it is their fault – leading to her perhaps thinking that it is her fault and thinking little of herself so much to a point where she is emotionally unavailable for Isaac.

Practical Strategies

- The first intervention we can use is Play-based learning, as Isaac is in the initiative vs guilt stage play based learning can build confidence and initiative which Isaac needs to build proper confidence and have healthy development later. It gives him opportunities to explore, interact and actively take part without giving him chances to isolate himself. According to the source Danniels and Pyle, 2018 it says that Play-based learning and free play can enhance social interactive skills, cognitive abilities and is extremely beneficial to build on social competence. (Danniels and Pyle, 2018)
- The second intervention is Language Rich Environments. The early years are crucial for vocabulary development and individual differences at the ages of 3 to 4 seem to be persistent. (Hansen and Broekhuizen, 2021). This can mean that if Language-Rich environments are introduced to help Isaac, he can get a firm hold of English and end the speaking difficulties as a result. It is suggested that language skills set the foundation for social success (Danniels, E. and Pyle, A. 2018) This links back to Eriksons theory as it says that social interactions build initiative and guilt (Erikson, E.H. 1963) and social interactions need language of some sort so this is a strong strategy to help Isaac.
- Another intervention is Parental support and modelling, parental modelling of activity is positively related to children's participation in physical activity like outdoor play, sports or walking for transport. (Reimers et al., 2019) this means that even at home Isaac's mothers communication can help him in building confidence and initiative.

Nature vs Nurture

- Isaacs behaviour can be largely explained through nurture as well as hints of nature.
- PND – post natal depression – may influence Isaac during the initiative vs guilt stage as this is during the sensitive periods in early brain development where their environment can shape who they are later in their childhood where the brain is highly responsive to the received caregiving experiences (McLaughlin et al., 2022).
- Disrupted child care can reduce Isaac's exposure to social interactions and language development which are extremely necessary for him further on in his development. (Erikson, 1963). Growing evidence suggests that child care disruptions are associated with child behaviour problems (Murray, Cooper and Stein, 1991)
- Isaac is in the Initiative vs Guilt stage which is a key-stage for developing the foundations for strong confidence through social interactions and activities later in his life. He's also sensitive to his environment and experiences during the sensitive period that occurs in ages 3-6 can have a strong influence on his development as a child. (McLaughlin et al., 2022) meaning that if he does not interact and stays withdrawn it may make interacting a challenge for him in the future.
- Moving houses as a child can lead to disruptions in their self esteem and sense of security, it is clear that moving houses has caused Isaac's sense of security to be effected as he has trouble sleeping which can strongly indicate that Isaac has feelings of insecurity and anxiety with in his environment at the time. (British Psychological Society)

Evaluation of Erikson's theory

- Erikson's theory helps strongly in Isaac's case since it can explain and give valid arguments for his symptoms and also has clear ways to fight them and allow the child to develop healthily later in their life. It can explain his low confidence and his social withdrawal. Erikson's theory can help many people as well as mothers to make sure their child can develop healthily as it emphasises the importance of social interactions and exploration during the child's development. It also supports and strongly recommends children exploring and being surrounded in language rich environments. However there is still visible gaps in Isaac's case study which cannot be strongly explained by Erikson's psychosocial theory.

Evaluation - 2

- Weaknesses;
 - Erikson's psychosocial theory does not strongly explain why Isaac has separation anxiety and extremely clingy behaviour which plays a huge role in his development and can't be left unaddressed if they want the child to develop healthily. It also does not directly explain language delays and how you can fix them, it mostly indirectly covers it so there may be gaps in understanding regarding it. I believe that the attachment theory could have explained these symptoms better than Erikson's theory as it strongly focuses on the Caregiver to child relationship and how it can impact early development for the child emotionally. Using both Erikson's and the Attachment theory would be the best approach to this case however due to the requirements that we had to pick 1 and stick to it I decided to pick Erikson's as there was lots of symptoms that could be explained by it.

Conclusion

- In conclusion, it is clear that Erikson's psychosocial theory – Initiative vs Guilt – can provide a strong foundation into explaining and helping Isaac with his current behaviour. We can explain his low confidence by his home life as he is currently in the sensitive stages where his brain is extremely sensitive to interactions so the lack of social interactions at home can strongly influence Isaac's future development. Him moving houses can also play a strong role in his low confidence as he is in a new environment where he doesn't know what's safe and what isn't as he hasn't fully built initiative so he has trouble sleeping due to the lack of sense of security. There are many practical strategies we can use to overcome these though. For example, we can use play-based learning to make sure that Isaac interacts socially and builds Initiative so that when he is in the next stage of development the foundation for strong confidence is already built. Early interventions are vital to make sure that Isaac has positive outcomes in his later development.

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