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**UWTSD
BIRMINGHAM CAMPUS**

**PSYCHOLOGY IN HEALTH & SOCIAL CARE
(BMHP4019_BIRM, BMHP4003_BIRM)**

LECTURER: REBECCA KAVANAGH

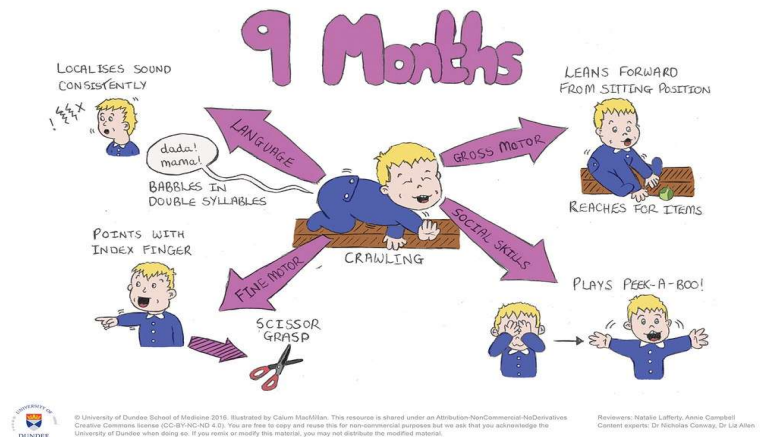
TITLE OF ASSIGNMENT:

"A CHILD'S EXPERIENCE BETWEEN THE AGES OF 0-5 CAN AFFECT THE REST OF THEIR LIVES"

INTRODUCTION

Cognitive Development: the growth of a child's ability to think and reason. According to Piaget and Erikson, theorists in Cognitive Development, The early years of a child's life is very important (crucial) as it is the time their brain develops. Most of their experiences at this stage 0-5 years will become the structure or frame upon which the rest of their lives will be built on.

Just as we need a good and strong foundation to build a lasting structure or building, so are the importance of early childhood. Children are like sponges, they soak everything around them which can mould and shape them to become who they will be as adults.



They say a picture is worth a thousand words. As this picture shows, from the day we are born, we begin our journey of growing and development till the day we die.

Our journey in life is in stages and in every stage we develop, grow and advance more as we learn new things and embark on new adventures. As we are developing and growing, we are shaped by our environment, the people around us, our senses, our culture, language and the things we hold dearly can become like beliefs.

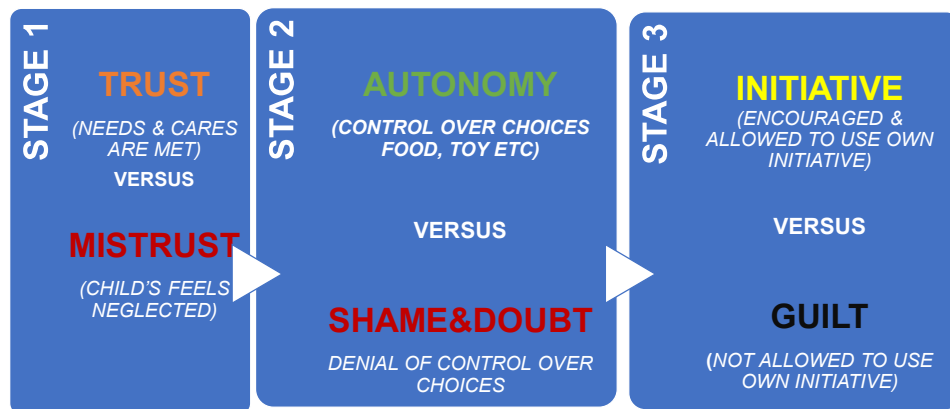
Psychology simply means the study of the mind

Development is a continuous process by which organisms continually grow into a newer form. Therefore my definition for developmental psychology is the study of the stages our minds and bodies go through or develop as we get older or age.

Jean Piaget, a Swiss psychologist and Erik Erikson, a German-American psychologist, theories support this concept and explain it further.

ERIKSON'S THEORY OF COGNITIVE DEVELOPMENT

LIFESPAN DEVELOPMENT: Theories of Development Boyd & Bee (2019)
Even though there are eight (8) stages in Erikson's theory, my main focus at this moment is on the first three stages as it relates to the topic I would like to present.



Erikson's theory says that, our experiences as toddlers can make us develop trust when our needs and cares are met by our parent or caregiver, or mistrust when the opposite happens (Trust versus Mistrust). At this stage, it is about making them feel safe and cared for by paying attention to their needs consistently and in a caring manner.

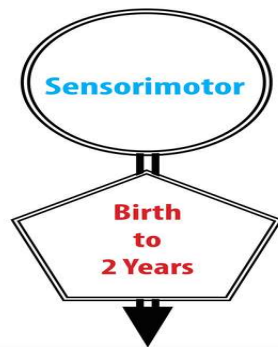
This trust or mistrust, can be carried to the next stage which is learning to become self-reliant.(autonomy versus shame and doubt) this stage is about gaining a sense of personal control in choices like food, toys how to use the toilet. This stage the parent or the caregiver can allow them to make a choice by making available the options or asking them what they prefer instead of just doing it for or to them.

The third stage usually occurs between three and five years old and is centred on developing a sense of self-initiative (Initiative verses Guilt) when children are encouraged and allowed to engage in self-direct play, they gets a sense of strong initiative while the opposite is guilt and self-doubt.

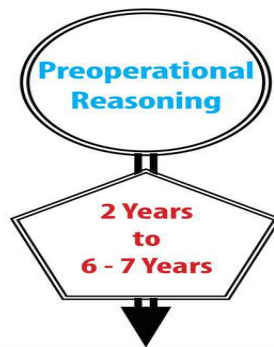
PIAGET'S THEORY

LIFESPAN DEVELOPMENT: THEORIES OF DEVELOPMENT by Boyd & Bee (2019)

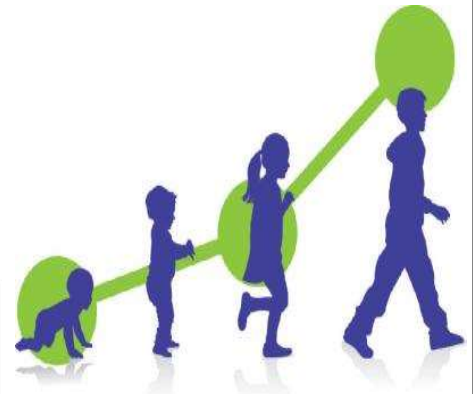
There are four (4) stages in Piaget's theory which are: sensorimotor, preoperational, concrete operational and formal operational stages but my concentration is on the first two as it relates to my message.



Intelligence in action: child interacts with environment by manipulating objects; object permanence



Thinking dominated by perception, but child becomes more capable of symbolic functioning; conservation problem; language development occurs



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According Piaget, we start learning by interacting with our environment through our senses. This makes our knowledge and perception of the world limited to what we can touch/feel or see. Then we learn to recognise objects and how to keep them in our memories.

Some of the practical ways we can help our children to develop



According both Piaget and Erikson, whatever a child learns or experiences in each stage of their lives, can be carried to the next stage. So having their needs met will help them to develop trust in the people around them but if a child feels neglected, then they will develop mistrust with the people around them and others that will come into their lives later in life.

REFERENCES

D.BOYD, H.BEE (2019)
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Harlow,
ENGLAND

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