

# Why is Psychology important for working as a Health Visitor?

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# Why Psychology is Important for health visitors?.

As a health visitor, your role is to provide support to children aged 0-5 and their families which includes:

- ▶ assessing growth and development needs.
- ▶ teaching parents about the nutritional needs of infants and young children.
- ▶ encouraging the development of healthy lifestyles,
- ▶ reducing risks and safeguarding and protecting children. (Health visiting | Children and young people | Royal College of Nursing, 2022)

To provide the best support in the development of children, health visitors need to have sufficient knowledge of developmental psychology.

# What is Developmental Psychology?

Developmental psychology aims to discover and describe changes in our thinking and behaviour, as well as the developmental processes that lead to these changes. (Gillibrand, Lam and O'Donnell, 2016)

Developmental psychology researchers establish theories of development and change, as well as remove some hurdles to them, in order to comprehend the changes and processes that underpin child development. (Leman and Bremner, 2019)

# Piaget's Theory of Cognitive Changes

- ▶ The most popular cognitive development theory is Piaget's stage theory.
- ▶ He proposed that children go through various stages of development, each of which differs significantly from the previous level.
- ▶ The process of learning starts with the birth of a child.
- ▶ We learn things as a direct result of our experiences, but we make sense of those experiences at different stages of our lives.
- ▶ The process of cognitive growth is made up of a series of substantial changes in cognitive mechanisms. (Halpenny and Pettersen, 2013)

piaget's photo: (Pronk Palisades, 2017)



# Piaget's Principles of Cognitive Development

- ▶ Piaget suggested numerous principles that continue to guide developmental research to explain age variations in thinking.
- ▶ Schemas
- ▶ Assimilation and Accommodation
- ▶ Equilibration

# Piaget's Cognitive Constructionism

Cognition progresses through four phases.



# Sensorimotor Stage



fig.2 (Pinterest, 2022)

Infants employ their sensory and motor systems to interact with the world around them throughout the sensorimotor period, which lasts from birth to 24 months. The infants learn about the world by their senses and motor activities, and near the end of this phase, they begin to apply basic symbols like single words and role playing. (Boyd and Bee, 2019)

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