

Certificate of
Higher Education
in Skills for the
Workplace (Health
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Psychology in
Health and Social
care

BMHP 4003
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- Lifespan Theory

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- Introduction
and Cognition

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- Emotion

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- Behaviour

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Introduction

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Stages of
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Dr Armstrong

Middle
Childhood
6-8 years old

What is Middle
Childhood?

Cognition

Emotion

Behaviour

And Erikson's
Lifespan Theory

Enkeleda Tafa (2020/2023)

Today's presentation is about Psychology - a scientific study of the mind & human behavior - and the 12 Stages of development by Dr Armstrong.

Of the 12 Stages of Development, we will focus on the "Middle Childhood" – a stage that goes from the age of 6 to the age of 8.

We will also focus on Cognition, Emotion and Behavior, which play an important role during children's development in Middle Childhood quoting different psychologists that help us to understand those.

Middle childhood

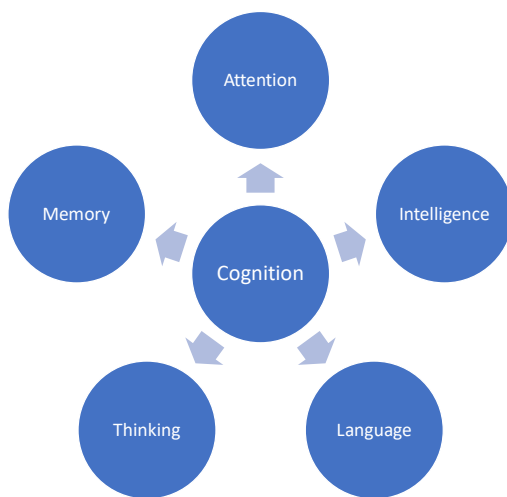
- 6 years old to 8 years old
- Development of fundamental skills (e.g. communication)
- Healthy relationships



Enkeleda Tafa (2020203)

“Middle Childhood” – a stage that goes from the age of 6 to the age of 8 - a time where children start developing fundamental skills for building relationships with their peers and learn roles that will help them in their future stages of their lives (Adolescence and Adulthood).

COGNITION : Middle Childhood : Ages 6 -8 years old



Cognition: Thinking and memory processes

Cognitive development: long-term changes in these processes

PLAY & DISCOVERY

-> Children understand the past, the present and the future

Involves:

1. **Thinking, knowing and learning**
2. **Convergent thinking (only one right answer)**
3. **Divergent thinking (more possible answers)**

Language development:

- More vocabulary (20 new words per day)
- Associate objects to words
- Expand vocabulary through interactions, relationships, books, songs
- Verbal and written communication

Enkeleda Tafa (2020203)

Middle childhood is the period between the ages of 6 and 8 years old. Cognitive development refers to the long-term changes in children's thinking and memory processes and abilities (is all about the brain).

Thinking, Knowing and Learning as well as Convergent thinking – only one right possible answer- and Divergent thinking – more possible answers- are fundamental cognitive skills that children develop during Middle Childhood.

During this period of age their language starts developing. Children tend to now learn up 20 new words per day. They learn new words by reading books, listening to songs and watching TV (cartoons or interactive videos). Having a wide variety of vocabulary, to remember they start associating objects with words, as it is easier. Their vocabulary expands through interaction and relationships with other children or peers.

WHAT PARENTS AND CARERS SHOULD DO TO HELP CHILDREN ACHIEVE POSITIVE EMOTIONAL DEVELOPMENT

- By loving your child and showing your affection for them.
- You should persuade your child to try new things and instilling discipline .
- You should learn to give your child the privilege to play with other children of their age group, by so doing you are building trust
- Show your feelings by appreciating them when they perform well
- Establish daily routines that will bring positive engagement
- Acknowledge your child's feelings and correct them with love.

Key elements of emotional development in children of 6-11 years

- Ages 6-8 which he referred to as middle childhood and age 9-11 which Dr Armstrong referred to as late childhood both stages are still in the child formative years and what ever happens can actually make or mal the child emotional behavior for life.
- Changing of environment is a dynamic element that can have effect on the life of a child's emotional development according to the famous developmental psychologist Erik Erikson (1912-1994)
- Peer group influence is also a key element that affects childhood emotional behaviors
- School/ teachers/ Care giver or parental life style or behavior is capable of influencing the childhood emotional development of a child
- Another key element is the social and physical context, Children gradually become what children see and hear. Emotional development reflects social experience, including the cultural context which is another key factor according to Erik Erikson in his book

Middle childhood 6-8 years, Behaviour

- Show more independence from parents and family
- Start to think about the future
- Understand more about own place in the world
- Pay more attention to friendships and teamwork
- Want to be liked and accepted by friends



Olivera T.

According to Erikson, middle childhood is a pretty busy period of life for children when they are very active in that time. They are permanently doing something, make plans, spending time with friends, playing.

Friendship is very important for them, they learn how to communicate with others, what to say, listen to, how to act, how to gain popularity, what to wear. They learn to socialize, and their focus move from family to peers. Relationships between peers are very significant for their self-esteem. They evaluate themselves and compare with other peers. How their social world expands, they learn more about others and they see themselves in a more realistic way. They adopt social and cultural standards as their own values.

At this age, some children prefer same-sex friends and may even express arrogance to opposite sex friends.

It is a turning point for children, they begin to identify their own capabilities and personality traits. Thoughts is more logical, flexible and organized, then it was earlier. They recognize that they have positive and negative characteristics and they may feel conflicting emotions in the same time.

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Middle childhood 6-8 years, Behaviour

“Play is the work of the child”, Maria Montessori

- Hide and seek
- Running
- Riding bike
- Swimming
- Jumping on the trampoline
- Dancing



Olivera T.

This is a period when children develop confidence in all aspects of life through schoolwork, friends and sports.

Play is one of the most motivated activity which is the same time recreational pleasure and enjoyment for children.

“Play is recognised by the United Nations as every child’s right” (OHCHR 1989).

A definition of free play is: “Play in which players themselves decide what and how to play and are free to modify the goals and rules as they go along”. (Gray 2013,7).

There are many activities children in the middle childhood like to play:

Hide and seek

Running

Riding a bike

Swimming

Jumping on the trampoline

Dancing

and much more.

Maria Montessori, a physician and educator, said about the play: “Play is the work of

the child". It means that children learn and grow through play. Maria Montessori's educational method is in use today in many public and private schools all over the world.

Lifespan Theory By Erikson's

What is Lifespan Theory

Who is Erikson's

Erikson's Theory

Stage	Psychosocial Crisis	Basic Virtue	Age
1	Trust vs. Mistrust	Hope	0 - 1½
2	Autonomy vs. Shame	Will	1½ - 3
3	Initiative vs. Guilt	Purpose	3 - 5
4	Industry vs. Inferiority	Competency	5 - 12
5	Identity vs. Role Confusion	Fidelity	12 - 18
6	Intimacy vs. Isolation	Love	18 - 40
7	Generativity vs. Stagnation	Care	40 - 65
8	Ego Integrity vs. Despair	Wisdom	65+

(McLeod, 2018)

It was only in the late Nineteenth and early Twentieth Centuries when Systematic research started on Children's. Before that, any concerns about a child was answered by common sense, opinion and belief. (Berk, 2003, p. 6)

The Life-span Theory is the studies how a person develops from conception to death. Some areas of focus include physical, cognitive, social, intellectual, perceptual, personality and emotional. (PacificOaks Collage, 2020)

Erik Erikson (1902-1994) developed his Stages of development theory based upon Freud's psychosexual theory.

School Age 6-12 : Industry VS Inferiority

Children's start to measure themselves

They either develop pride or inferior.

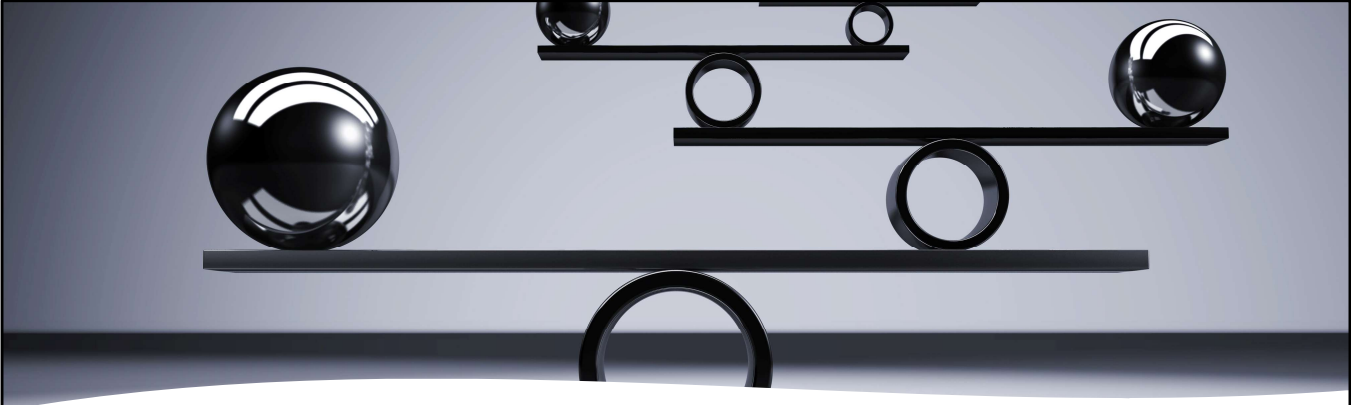
The children's Social world expands at this stage

School work helps to build up competency and confidence

One of the more vital stages for confidence and self esteem development

School Age 6-12 is the 4th stage according to Erik Erikson's Development Theory. This stage is crucial for self-esteem development. Children in this stage start to use the. "I Won!" or "Look what I can do!" or "I am better than xy in this or that". Competition is becoming a massive part of their life; they need to be recognised.

In this stage, friendships start to form, and if the previous steps weren't completed successfully, the child might think the company is not worth it and will over-focus on studies or sport.



Strength and Weaknesses	Strength: • It spans the entire lifetime • It studies social-cultural influences and behaviour	Weaknesses: It Focuses mainly on childhood It is Focuses too much on the stages.
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Erikson pointed out that development needs to be understood about each culture. For example, Yurok Indians on the northwest coast in the United States are not breastfeeding their babies. Instead, babies are fed a thin soup from a small shell. By age six months, babies are weaned, if necessary, even by having their mother leave for a few days. This approach seems extremely cruel for different cultures but might be required for the Yurok's to survive. (Berk, 2003. p-17)



Conclusion:

- There are many Theories to study child and adults developments.
- Middle Childhood ends at the age of 12 years old
- A new stage begins: The Adolescence Stage where the identity vs role confusion crisis begins

Charles Darwin was the first credible psychologist who made the first systematic study on developmental psychology; he observed his infant son.

Since then, many Psychologists have studied human development. (McLeod, 2017)

Some of the main theories are:

- Erikson's Psychosocial Developmental Theory
- Bowlby's Attachment Theory
- Freud's Psychosexual Developmental Theory
- Bandura's Social Learning Theory
- Piaget's Cognitive Developmental Theory

At age 12, a new stage begins adolescence, where the Identity vs Role confusion crisis begins; this stage will last appropriately until age 18. Here the young adult will look for answers to the question of "Who am I?" or What do I want to do with my life

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