

LEARNING MADE EASY



25<sup>th</sup> Anniversary  
Edition

# *How to be a Parent* **for dummies®**



Should you use corporal  
punishment?

Why you shouldn't use drugs  
before a pregnancy

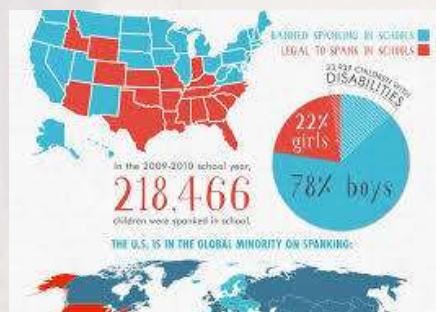
Signs of an unhealthy  
baby you should know

Sameer Khan

Lauren Slaber

# Spanking

Spanking is a practice of punishment used by many parents where a parent will spank their child in response to behaviors their child emits that the parent doesn't approve of. Their goal in spanking a child is for the child to



stop emitting those certain behaviors. Many psychologists have found links in

spanking and aggressive behavior, anxiety, mental health behaviors, and more. While there is no direct causation found, it is certain that there are better alternatives to spanking.

## Our Take

We will not use corporal punishment at all. In many psychological studies, corporal punishment has been linked in correlation with mental health problems.

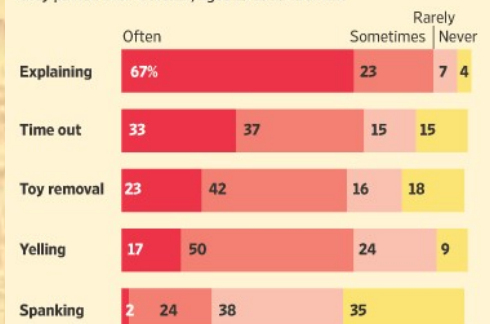
Furthermore, there are much better alternatives to corporal punishment which we will use, such as withdrawal of privileges (timeout, TV ban, no

video games, etc). We will not allow my child to be spanked at school.

As said above, spanking a child can lead to mental health problems such as anxiety or aggression.

We will not spank our child, let alone allow a random person at school to. The school should issue different forms of punishment, such as a detention or parent meeting.

Spanking is one of the less popular methods of disciplining young children, according to a national study. Below, how parents said they punish their children, ages 19 to 35 months:



Note: Based on a National Center for Health Statistics telephone survey of 962 U.S.

Popularity of spanking compared to other methods used by parents



# Prenatal Development

Prenatal Development is the development of the baby within the mother.

It begins with the conception where a one celled organism is formed with the union of a sperm and an egg and ends with birth(or if the baby dies before birth). All other cells then form off of this single cell. The first two weeks is the germinal stage, 2 weeks to 2 months is the embryonic stage, and 2 months to birth is the fetal stage. Because the developing organism and its mother

are linked through the placenta, a mother's eating habits, drug use, and physical health, among other things, can affect prenatal development and have long-term health consequences.





## *Our Take*

We will choose a PPO plan for our baby. The reason for this is because while PPO plans can be more expensive than HMO plans, they offer a wider range of doctors that you are covered for while HMO plans have a limited range of doctors. Also, choosing an HMO plan might require you to travel farther to visit your doctor who accepts your HMO plan while with a PPO plan, you can visit any doctor so you will find one close to you.

Before viability you find out your baby has (1) Down Syndrome (2) trisomy 18 (3) spina bifida. Do you have an

abortion?

Sameer: I will have an abortion for all three circumstances. The reason for this is because I will only live once, and I would rather wait another 9 months for a healthy baby that is easy to raise than raise a disabled baby for an entire lifetime because they probably cannot even live on their own.(except for maybe spina bifida, but I would still have an abortion for a baby with spina bifida because I'd rather have a fully functional baby and wait 9 months for it). These babies will also be very unlikely to be successful in their lives, which is why I would also abort them.

Also, I believe a fetus probably cannot differentiate between living and being aborted because they are not fully developed.

Lauren: I feel like I would have an abortion especially with the last two because they seem to have more of an effect on the physical needs of the child. Yes, down syndrome requires help for the child practically their entire life, but if it's not putting them in physical harm. I think it more so comes down to whether the child is going to be in pain their entire lives due to the condition.

# ***Environmental Factors and Prenatal Development***

The developing organism and its mother are linked through the placenta, and therefore, a mother's eating habits, drug use, and physical health, among other things, can affect prenatal development and have long-term health consequences.

Severe malnutrition can increase chances of birth complications. Drugs can also pass through the placenta. Sedative drugs, narcotics, and cocaine are especially harmful. Mothers who consume heroin often have babies born with heroin addictions, and

can suffer premature death. Even over the counter drugs such as alcohol can cause fetal alcohol syndrome, causing a number of birth complications. Many diseases such as measles, chicken pox, and even AIDS can be given to the child by the mother.

No, we would not have a child with someone who consumes drugs. We would get a different significant other or just adopt.

Sameer and Lauren: Bernie Sanders has the best plans for clean air and water. His Green New Deal plan says that he will; Transform our energy system to 100 percent renewable energy and create 20 million jobs needed to solve the climate crisis, Commit to reducing emissions throughout the world, including providing \$200 billion to the Green Climate Fund, rejoining the Paris Agreement, and reasserting the United States' leadership in the global fight against climate change, and invest in conservation and public lands to heal our soils, forests, and prairie lands.

Sameer and Lauren: Yes we will still have a child regardless of what happens with climate change. Even if there is action, the reversing of the climate pollution and carbon levels will take tens of years and we will not wait that long just to have a child.

## **FACTORS THAT INFLUENCES THE PRENATAL DEVELOPMENT**

- 1) Age of the mother
- 2) Illness and infections
- 3) Blood RH factor
- 4) Birth complications
- 5) Drugs
- 6) Environmental hazards



# *Newborns: Physical Development*

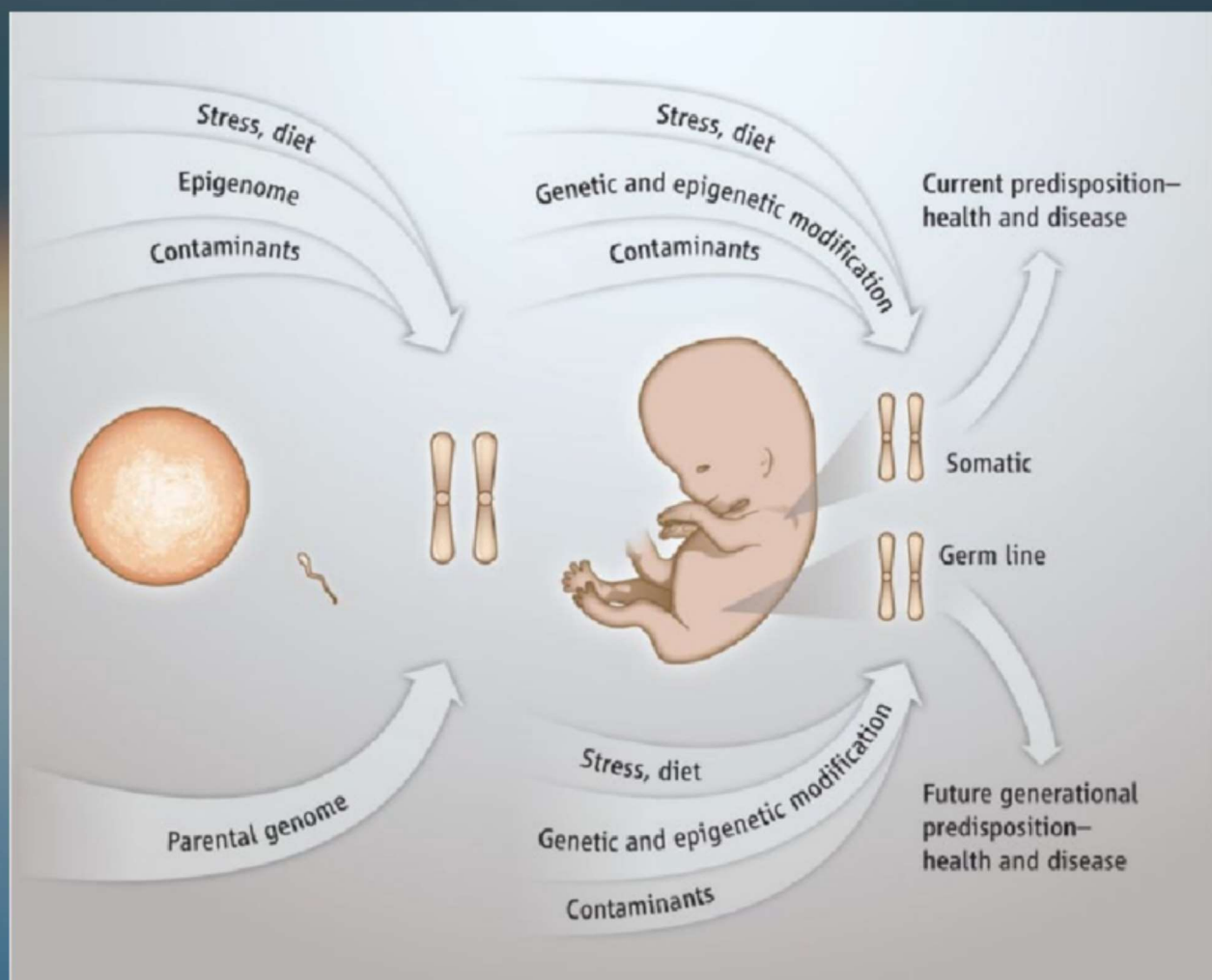
Physical development mostly stems from maturation. As children grow as infants, they are able to reach different milestones of motor development. Motor development comes in different parts, for example, a baby is able to gain

control of their torso before their arms and use their arms before their legs. A lot of this is genetic, babies are biologically trained to grow and move like this. However, developmental norms are able to change with their environment.

They may not be changing what they are doing as they grow, but it can affect how quickly, or slowly, they gain motor skills. Some kids are taught to explore their motor skills more than other kids, which changes their motor development rate.

If your baby has not begun to walk at the age of two, it should be of some concern. The average age of walking is 17 months, although some kids don't learn to walk until 22 months, two years may be a bit more concerning. I would be concerned if they had hit all of the other milestones in average time, but not this one.

If the baby did not have the Babinski reflex the problem would be that the nerves had not been developed all the way down the leg.





# ***Newborns – Visual Development***

When babies are born, they don't have the ability to see the same way as adults. There is not all of the visual perception that we have. Most of what newborns can see is the difference in brightness. For example, when they

reach two or three months old, they can begin to see the contrast in someone's face. They are able to see the contours of their eye sockets and where their nose pokes out, but not much more. As the baby

continues to look around themselves, they strengthen different parts of their eyes, allowing their vision to develop into how adults are able to see.



### How An Infant Views The World

From a distance of 1 meter



At 3 Days



At 1 Month



At 3 Months



At 6 Months



At 1 Year

Vision is normally developed by age 3 years.

Microphthalmia is a developmental disorder in which the eyes are smaller than average and typically have some sort of visual malfunctions. If your child were to be born with this, it would probably be easiest to raise them as though they were fully blind. This could mean

teaching them braille and how to get around without seeing. Although, this could change once you find out the extent of their vision, how much they can or can't see.

If your baby can't make steady eye contact, there is the possibility

that they could have autism. This is typically an early sign that your child may have some sort of autism. This can be seen in children around two months old.



# *Language Development*

Babies develop language as they grow. They begin by communicating with movements and small noises, and later turns that into words and sentences. Some psychologists, such as Noam Chomsky, believe that people are already born knowing language. They believe that as long as someone is speaking to the baby as they grow, they will be able to speak. Others believe that language

comes from the baby's need to communicate with others. Language development is a difficult topic to study because all of the ways in which it could be studied would be psychologically unethical. However, Genie Wiley was able to answer some of the questions due to the neglect and abuse she suffered through as a child. She had never been spoken to, and had never talked

before, so psychologists were able to figure out that since she never used the part of her brain that processes language, her ability to learn real language was lost. Although some questions were answered with Genie, there is still so much more that is unknown about language development.



## *Our Take*

What will you do to make sure your child successfully acquires language?

- To make sure your child successfully acquires language, it is necessary to continuously talk to them and expose them to new words and phrases. It's important to talk to them as well as talking around them, that way the child is able to become more

familiar with what they're hearing, and it will hopefully allow them to learn languages easily.

B. Do you want your child to learn a second or third language?

With our planet's growing globalization, learning a second or third language seems to be a very good idea when raising a child. This would allow our child to be able to communicate with different groups of

people. However, from knowing English, it has become easier to communicate with others because so many people learn English as a second language. This does not mean, though, that we should stop learning languages that are not as seemingly important. The way that the United States is shifting demographically shows that learning Spanish as a second language will be very helpful and very important.





# ***Parenting Styles***

According to Diana Baumrind, there are three different types of parenting styles. The style that is seen as most successful is authoritative, or democratic. Just like a democratic government, kids are given the opportunity to debate rules and punishments with their parents, giving the children more of a say in their upbringing, these

kids are typically friendly and self-reliant. Authoritarian parenting, however, is more of parents feeling more distant from their children and acting as though they don't have to explain much to their children. This parenting style has high expectations for children and doesn't really reward them for doing something good, the kids

typically being unfriendly and distrustful. The last style that Baumrind defined is permissive parenting. Parents that have a permissive style give in to all of their kids demands and set no strict rules. Their kids usually do whatever they want and end up being immature and unhappy. In addition to Baumrind's styles, Maccoby and

Martin added a fourth parenting style: neglectful. Parents that are neglectful tend to be selfish and don't have a lot to do with their children. They don't usually take care of their kids the way that most parents do. Kids of neglectful parents can grow up to be angry and irresponsible.

What did your parents do well that you would like to do as a parent?

- Lauren: My parents did a really good job of letting me know when I was doing something bad, and also allowing me to have a say in different things, such as how long I was able to spend time with my friends and getting rewarded for helping around the house. I would love to be able to

continue this with my children, to make them feel like they have a say in their lives, rather than just telling them what they have to do all of the time. Having a democratic style of parenting is very important to me, which is exactly what my parents did.

- Sameer: Nothing.

B. You have 3 children under the age of 5. Your partner cheats on you. They are very sorry. Will you divorce them?

- It would be very difficult to divorce them because of the situation of the children. I wouldn't divorce them quite yet because you would need help with the children, three kids under the age of five is too much for one person to handle. One thing you could do would be to separate in the house, meaning

you don't sleep in the same bed and you give each other as much space as possible, but keeping the same kind of responsibilities with the children as possible. Of course, this may change with your relationship with your family, whether they were willing to help you take care of the children. If you have family members that are able to help you take care of the kids, then getting a divorce may be the best option. Whether the partner is sorry or not is a moot point, they still cheated and there still needs to be consequences.



# ***Temperaments***

Babies are born with a temperament, plain and simple. Temperaments are the foundation of personality, and is present very early in life. Some babies have the temperament of easy babies, specifically 40%. Easy babies are usually happy and stick to a routine. However, not all babies are like this.

10-15% of babies are considered to be difficult babies, meaning that they're resistant to change and tend to be irritable. It is likely that with a difficult baby, they will cry more and require more attention. Another 15% is given to babies that are called slow-to-warm babies, and they fall in between easy and difficult. This means that

they tend to be less joyful than easy babies, but stick to more of a routine than difficult babies. The final 30% are reserved for kids that are a mixture of all three temperaments. They may vary temperaments from week to week. Baby's temperaments are able to show you what they may be like as they get older.



. If you have a baby who is difficult, how will you handle him or her?

- You have to have patience and willingness to work with the behavior of the baby. They require more attention to detail than easy babies because they don't follow a schedule. Once you have dealt with the needs of the baby for a while, it is possible you will begin to notice certain behaviors about them before

they do something. All you can really do is try to be attentive and patient, as well as practicing anger management skills, because surely they will be tested.

B. Some people can tolerate a baby crying. Some people can't. Can you?

- Personally, I cannot tolerate a baby crying. It's just too overwhelming and there's so many things that could be wrong, but you have no idea because it's

a baby! They can't tell you what's wrong so you just have to try everything you can to figure out what's going on. I feel like it takes a lot of patience and practice, two things of which I do not have.





# ***Attachment Theory***

Attachment is the emotional bond between a baby and their caregivers. There has been a lot of research and theories centered around how babies create an attachment to their caregivers. The question is mainly whether attachment is biological or is developed over time. Most studies have proved the latter, showing that babies don't have a very

strong attachment to their mothers a couple months into their lives, but as they get older they begin to strengthen that attachment. There are many different ideas surrounding attachment and which is best, but Mary Ainsworth seemingly has some of the most influential work on attachment. Ainsworth focused upon three types of attachment: secure,

anxious-ambivalent, and avoidant. Anxious-ambivalent and avoidant attachment are insecure forms of attachment, meaning that there is something missing in the attachment between the baby and mother. Secure attachment is ideal because it allows the baby to trust you and creates the strongest attachment.

A. What will you do to ensure your child has a secure attachment?

- To ensure that your child has a secure attachment, it is best to make sure you're always there for your baby. You want your baby to be able to trust you and trust that you will be there for their needs. This means that when they start crying you need to check on them to make sure they're okay and get them what they need. Trust of the

caregiver begins a secure attachment. You also have to be willing to allow them to explore on their own. This means giving them some space to play with toys on the floor while you're sitting on a chair. You're still with them, but allowing them to do their own exploring separate from you.

B. Will you use the Cry It Out Method to get your baby to sleep?

The Cry It Out method seems very good for when

the baby is a bit older, when they don't require as much help from their parents. This method seems like a way to get your child to understand independence more, as well as self-reliance. It is important to understand that this method doesn't mean leaving your baby alone all night and not helping them, it is intended to get the child to be alone for a bit longer to understand that they don't need their parents, but as soon as a time interval passes, it is important to soothe the child back to sleep. This would definitely work better for babies that are older.

## Stages of Attachment



**Pre-attachment: Birth to 6 Weeks**  
Baby shows no particular attachment to specific caregiver



**Indiscriminate: 6 Weeks to 7 Months**  
Infant begins to show preference for primary and secondary caregivers



**Discriminate: 7+ Months**  
Infant shows strong attachment to one specific caregiver



**Multiple: 10+ Months**  
Growing bonds with other caregivers



# ***The Transition of Adolescence***

During the transition of adolescence, kids begin with going through pubescence around the age of 10. This means that they are beginning to develop some of their secondary sex characteristics, which are the physical features that are not necessary for reproduction, but allows for more of a visual difference to occur

between the sexes. After pubescence, kids go through puberty. Puberty is different than pubescence because this is the time when reproduction is first able to occur. For American females this happens around the age of 12 or 13 and for males this happens around the age of 13 or 14. Not only are reproductive changes

occurring during puberty, but also neurological changes. After puberty, the prefrontal cortex begins to develop. This is the part of the brain that allows one to make good decisions. It tends to keep you from having reckless behavior.

A. You catch your 11 year old son looking at pornography. How will you handle this situation?

- The best thing to do if you get caught in this situation is to try to be understanding. Your son may be learning sex education in elementary school or some other outside factor. Talking to your son may be the best solution because you need to make sure your son understands reproduction. Also, it is important to note that he could be going through puberty early, so it is important to be aware of his behavior to see if this is true, to keep him from engaging in reckless behavior.

B. Your 13 year old tells you all her friends smoke pot. What will you say?

- It is important to talk to your daughter about peer pressure. The reason a lot of kids do bad things is because all of their friends are doing that. It is seen as cool for teenagers to act in risky ways. All you can truly do is tell her the consequences if she were to partake in those activities as well. There is no way of being sure that she isn't smoking weed with her friends without being too controlling of a parent.

C. Your 15 year old is getting Ds and Fs in school. What do you do?

- If your 15 year old is failing their classes, that is when it is important to enforce some punishments. It could begin with

taking away their cell phone or keeping them from spending time with friends. Since their prefrontal lobe is not fully developed, they may not realize what they're doing is very irresponsible, so sometimes it is best to take action to get them to understand what they should be doing.

D. At what age is it appropriate for a boy or girl to start dating?

- Around the time when a kid gets into high school is the beginning of when it is appropriate for them to date. Although this is a time when both sexes have gone, or are going through puberty, you need to show your child you trust them by allowing them to date.



# ***Jean Piaget's Cognitive Theory of Development***

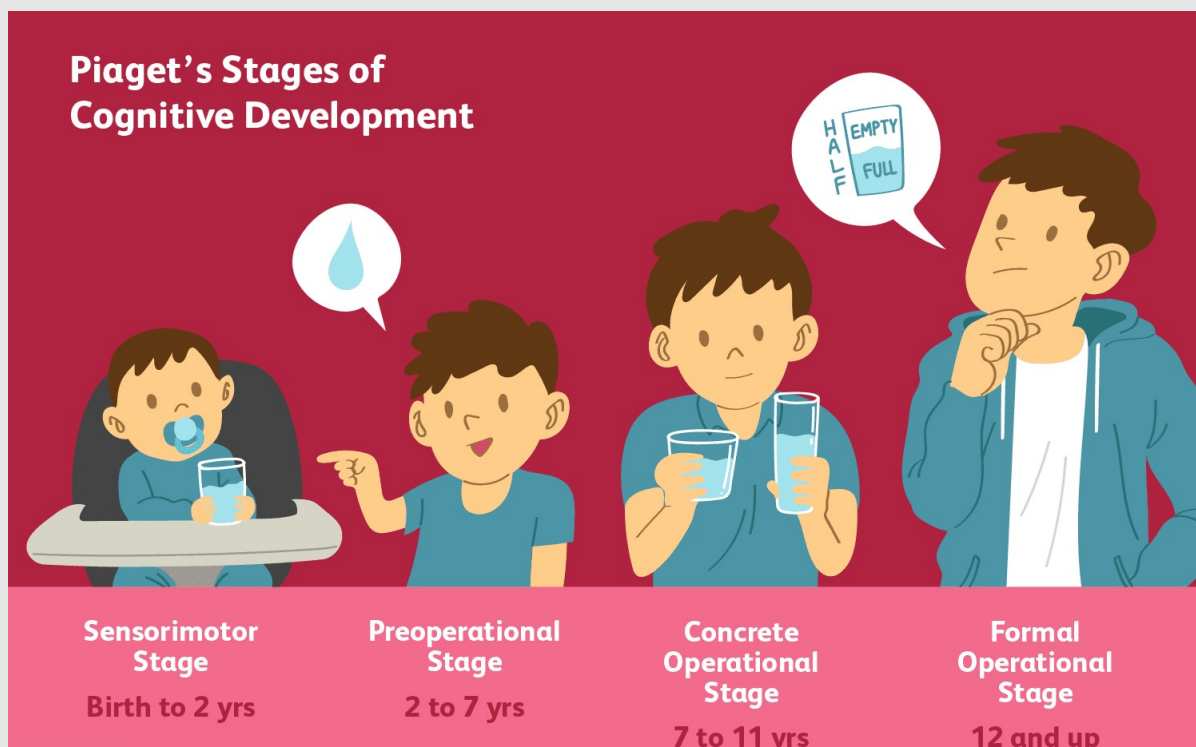
Jean Piaget's cognitive theory of development stated that all children progress through four major stages of cognitive development, characterized by fundamentally different thought processes. The processes include the sensorimotor stage (birth to age 2), the preoperational stage (ages 2 to 7), the concrete operational stage (ages 7 to 11) and the formal operational stage (ages 11 onward).



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changes. After puberty, the prefrontal cortex begins to develop. This is the part of the brain that allows one to make good decisions. It tends to keep you from having reckless behavior.



A portrait of Lev Vygotsky, a man with dark hair and a beard, wearing a suit and tie. The image is partially obscured by two dark green rectangular overlays containing text.

# ***Lev Vygotsky's Sociocultural Theory of Development***

Vygotsky's sociocultural theory of human learning describes learning as a social process and the origination of human intelligence in society or culture. The major theme of Vygotsky's theoretical framework is that social interaction plays a fundamental role in the development of cognition

A. How important is school to a child's development?

School is very important according to Lev Vygotsky's theory because the major theme of Vygotsky's theoretical framework is that social interaction plays a fundamental role in the development of cognition. School provides much stronger social development compared

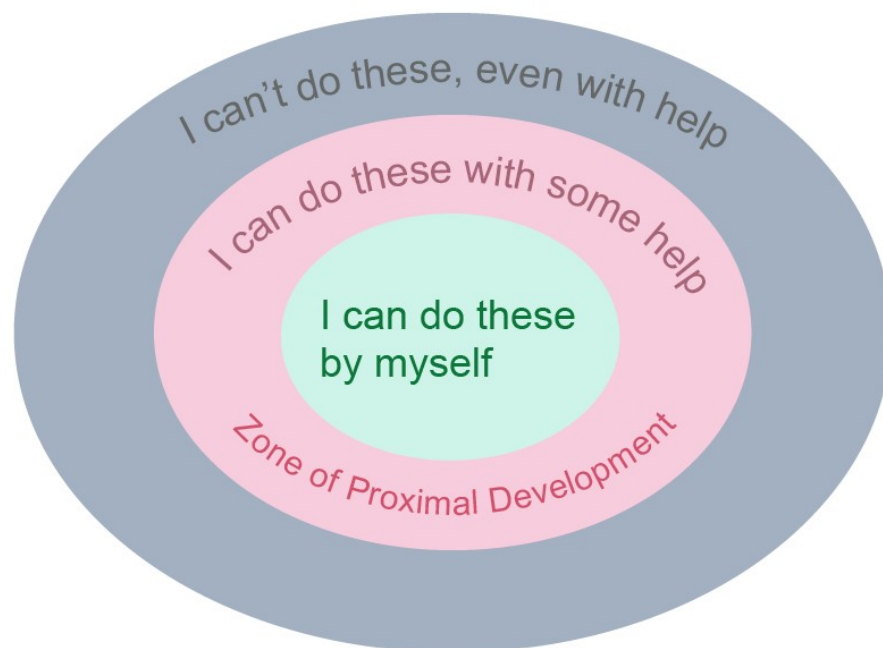
to a child developing on his own because a child is seeking connections and develops their own concepts through connections.

B. How will your culture and your partner's culture shape and influence your child's development?

All cultures throughout the world have different relationships developed with their children. Our

culture will shape and influence our child's development where the closer we are connected to our child, the more they are able to develop off our culture.

### Vygotsky's Sociocultural Theory of Cognitive Development

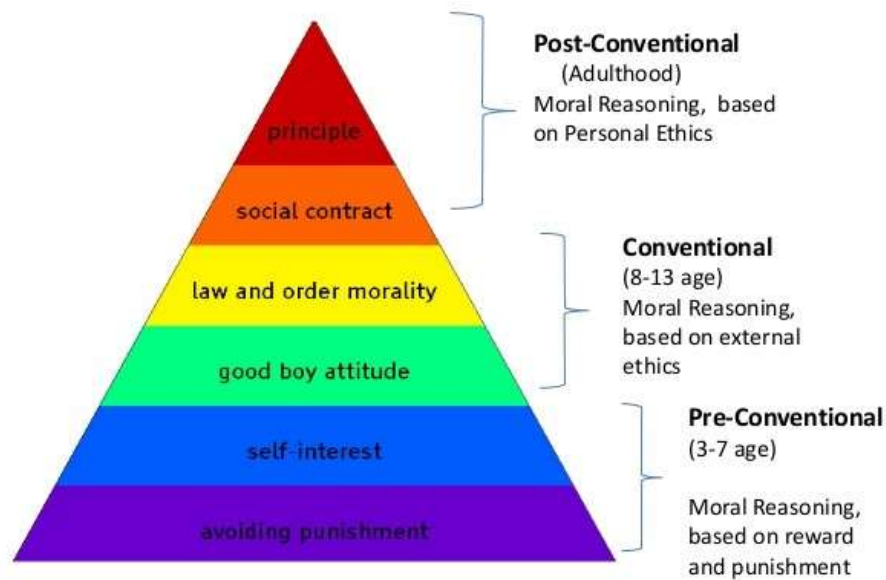






# ***Lawrence Kohlberg's Moral Theory of Development***

Lawrence Kohlberg created the stage theory for moral theory of development. In this, he says that there are three different levels of moral development: pre-conventional, conventional, and post-conventional. Each stage has two sublevels, meaning that there are truly six stages in total. The first, pre-conventional, is divided by rewards and punishments. In stage 1, you begin to learn what is right and wrong by what can be punished. Stage 2, however, determines right and wrong by what can be rewarded. Heading into the second level, conventional, we begin to focus more upon authority. Stage 3 focuses on deciding what's right and wrong from what other people say and do. Stage 4 is deciding what's right and wrong by legal authority and social rules. Lastly, the final level is post-conventional, being the most difficult level to achieve because it is more abstract. For example, stage 5 is determining right and wrong by thinking that laws can be changed and are flexible, as well as thinking laws benefit society. Stage 6 determines right and wrong with ethical standards dealing with equality and general justice.



A. Is taking your child to a weekly religious service important for your child's moral development?

- Taking your child to a weekly religious service can be helpful in developing your child's morals. Religion tends to teach ethics, which begins to explain to kids right and wrong in the highest stage. However, you can teach your children about moral development in other ways,

rather than religious services. It is possible to teach them about it yourself, expressing how to determine right from wrong and what kind of ethics they should follow. A religious service is not necessary for a child's moral development.

B. How can you teach your child to follow Universal Ethical Principles?

- You can teach your child to follow

Universal Ethical Principles by following it yourself. If you are able to show ethics by supporting different types of people and equality, your child will see this and hopefully learn from it. Also, if someone says something that does not follow the universal ethical principles, you can explain to your kid how it could be wrong, or how it is not necessarily moral.

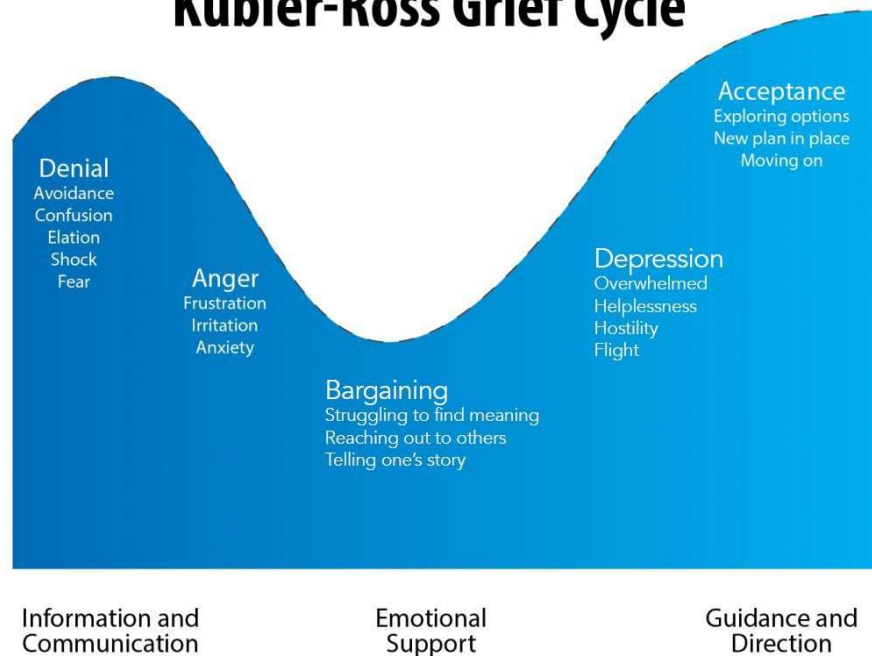
A close-up photograph of an elderly woman with short, curly, light-colored hair, wearing round glasses and a bright pink shirt. She is smiling warmly at the camera. The background is filled with numerous white daisies with yellow centers, some in sharp focus and others blurred. A semi-transparent grey rectangular box is overlaid on the upper half of the image, containing the title text.

# ***Elizabeth Kubler-Ross and The Grief Cycle***

Kubler-Ross's Grief Cycle doesn't only apply to a death. Her cycle can also be applied to a break up, with a partner or friend, or other hardships you might be going through. There are five stages that one has to go through to stop grieving: denial, anger, bargaining, depression, and acceptance. Everyone may go through these stages differently, and it isn't always going to happen in the same order.



# Kübler-Ross Grief Cycle



A. Have you ever had to go through the Grief Cycle?

Lauren: I can't think of one specific example in which I have had to go through the Grief Cycle. I think that I have done a lot of it when I wasn't aware. Very recently I lost my grandfather, so I'm sure that these stages will be occurring very soon for me. When my friends went away to college, I think I went through a mini version of this cycle because I knew I wasn't going to see them as much as I was used to and that sort of broke my

heart.

Sameer: Yes, when my pet parrot died when I was 10 years old. I do remember going through the grief cycle but not in the same order. I don't remember going through denial or bargaining. I just remember grief, depression, and anger.

B. To what extent does allowing your child to have a pet teach them about life and death?

- By allowing your child to have a pet, they learn that there is death in the world. It allows for them to create a

connection with something and learn that they might not have their pet forever, and that's okay. Obviously, this will make more sense for a child that is actually able to process the idea of death. But by having a pet, it is able to teach the idea of life and death to your kids, but it probably won't have as big of a lasting effect as if someone in their family were to pass.

# *Cultural Differences*

The different ways in which cultures bring up children changes motor development and attachment. When cultures emphasize infant movement, such as the Kipsigis people of Kenya, it allows for babies to reach developmental milestones earlier than most other babies. However, when there is a lack of motor movement

of babies, it can keep them from hitting these milestones when most others do. The Ache people of Paraguay typically begin walking a year after American children. Cultural differences also affect the form of attachment a baby has with their caretaker. It has been seen that attachment is part of human

development in any culture, but the ratio of the three types of attachment that Ainsworth defined changes.

A. Would you change your religion to marry and start a family with the person you love?

- If you truly love someone, sometimes it's easier to change religions to be with them. There are some religions in which you can't marry people of other religions. Of course in the end, it depends mostly on your own religious beliefs and the strengths of those beliefs to determine whether or not you convert to the religion of your

partner. It is important to have a discussion with your partner to see if you can agree on some kind of compromise if neither of you are willing to change religions.

B. Would you marry and have a family with someone from a different culture (religion) than you?

- Lauren: My religious beliefs aren't particularly strong, so I feel as though I would be able to be with someone from a different religion. What you believe in

isn't very important to me, as long as you're generally a good person and follow good ethics. Pretty much all religions have a base in ethics and make everyone follow them, so I wouldn't see an issue being with someone of a different religion.

- Sameer: While I identify as an atheist, I wouldn't mind marrying someone with a different religion as long as their religious beliefs are not too extreme

# *Gender Differences*

A lot of gender differences are based in societal pressures. When someone is born female they tend to feel as though they have to wear pink, dresses, and play with dolls. This is placed onto youth very early in their lives. Scientifically, there are a few behavioral differences that have been proven between genders, but those differences are quite small. Most comes from stereotypes about each gender. Boys in high school are seen to have higher grades in math, but the advantages that they are seen to have are actually quite minimal. Questions remain on whether these differences are truly genetic or social.



A. Would you rather have a boy or a girl? Why?

Lauren: I would be very happy with either. Even though you can have a baby whose sex is male, that doesn't necessarily that they will grow up to identify their gender as male. As the research seems to show, there isn't much of a difference between men and women, so by assigning them a gender at birth and keeping them held to the standards of that gender doesn't make any sense. Having a kid at all is a blessing, and you shouldn't really hope for one sex over the other.

Sameer: I would rather

have a male child than a female, but at the same time I wouldn't really mind. If I could choose, I would have a male because they tend to be the head of their households and usually the primary income sources of their households, and are more likely to be successful. Our current society undervalues women, hence the gender wage gap.

B. Is gender innate or learned?

- Gender can be both innate and learned. There are hormones that get someone to feel masculine or

feminine, but also gender can be socially trained. If you want your boy to be masculine when they grow up, you can force typically male activities down their throats and attempt to train them to be masculine. Both nature and nurture can be seen as having more control over gender. In American society, specifically, gender seems to be learned more than being innate because of all the media emphasis on gender stereotypes.

# ***Personality Theory - The Psychodynamic Perspective***

The psychodynamic approach includes all the theories in psychology that see human functioning based upon the interaction of drives and forces within the person, particularly unconscious, and between the different structures of the personality.

A. What are some things you can do to help potty train your baby?

1. Observe the baby's body signals before he voids. Many parents keep their baby's bottom uncovered to make observation easier. If so, parents can keep an absorbent cloth under the baby's bottom to make clean-up easier. But parents may also keep their baby in diapers while they learn to identify the signals.

2. Once you recognize your baby's body signals, hold your baby over a preferred receptacle while she eliminates. For very young babies, some parents use bowls or sinks. If your baby can sit up by herself, consider placing her directly on a potty chair.

3. Teach the baby to associate certain cues with elimination. In many parts of the world, parents make a characteristic sound or gesture while the baby voids. Babies learn to associate the sound with the action and, eventually, parents can use the signal as an invitation to void. In the Dutch study reported by Smeets et al, parents used the potty chair as the cue.

B. Freud believed boys imitate their dads and girls imitate their moms. Will you be a good role model for your child?

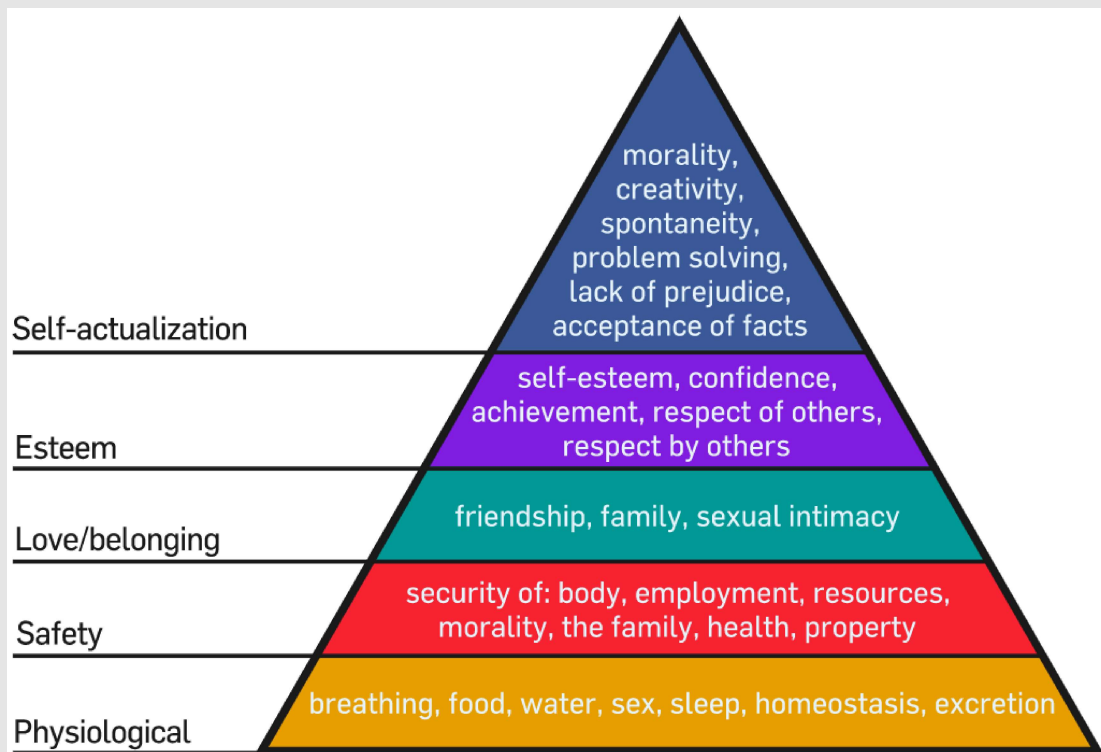
Yes, I will be a good role model for my child. I will try to only show my child my good side so they can have a good guide to follow

# ***Personality Theory - The Humanistic Perspective***

Carl Rogers was a leader in the development of Humanistic Psychology. Humanistic psychology focuses on humans, meaning that we have our own freedom and have Free Will. We are able to change what happens in our lives. Rogers put a lot of emphasis on the self. The way that we view ourselves can change how the rest of the world views us.

For example, if you believe that you are outgoing and friendly, you will likely become that when interacting with others. However, it does happen that your view of yourself, or self-concept, does not align with what is really happening. The term for when this happens is incongruence. Working in the humanistic approach as well, Abraham Maslow created the hierarchy of needs, stating that we must get the early and more necessary needs before we are able to reach self-actualization. The humanistic approach takes a more optimistic and hopeful side of psychology, allowing us to feel like we have more control over our lives than we would in other forms of psychology.





A. How will you help your child avoid incongruence?

- You must be straight-forward with your child. Tell them what is true and what is not. It becomes more difficult when your child has a lot of self-confidence, believing that they're better than they truly are. At times when this happens, it is important to let them know about their incongruence. We all have some

incongruence in our lives, however, we need to try to keep it to a minimum so we don't begin to think that we're a saint when we aren't.

B. How will you help your child become self-actualized?

- To help your child become self-actualized, you need to make sure that their basic needs are met. You need to help them with the bottom

parts of the pyramid so they can begin to climb toward self-actualization on their own.

# ***Personality Theory - The Biological Approach***

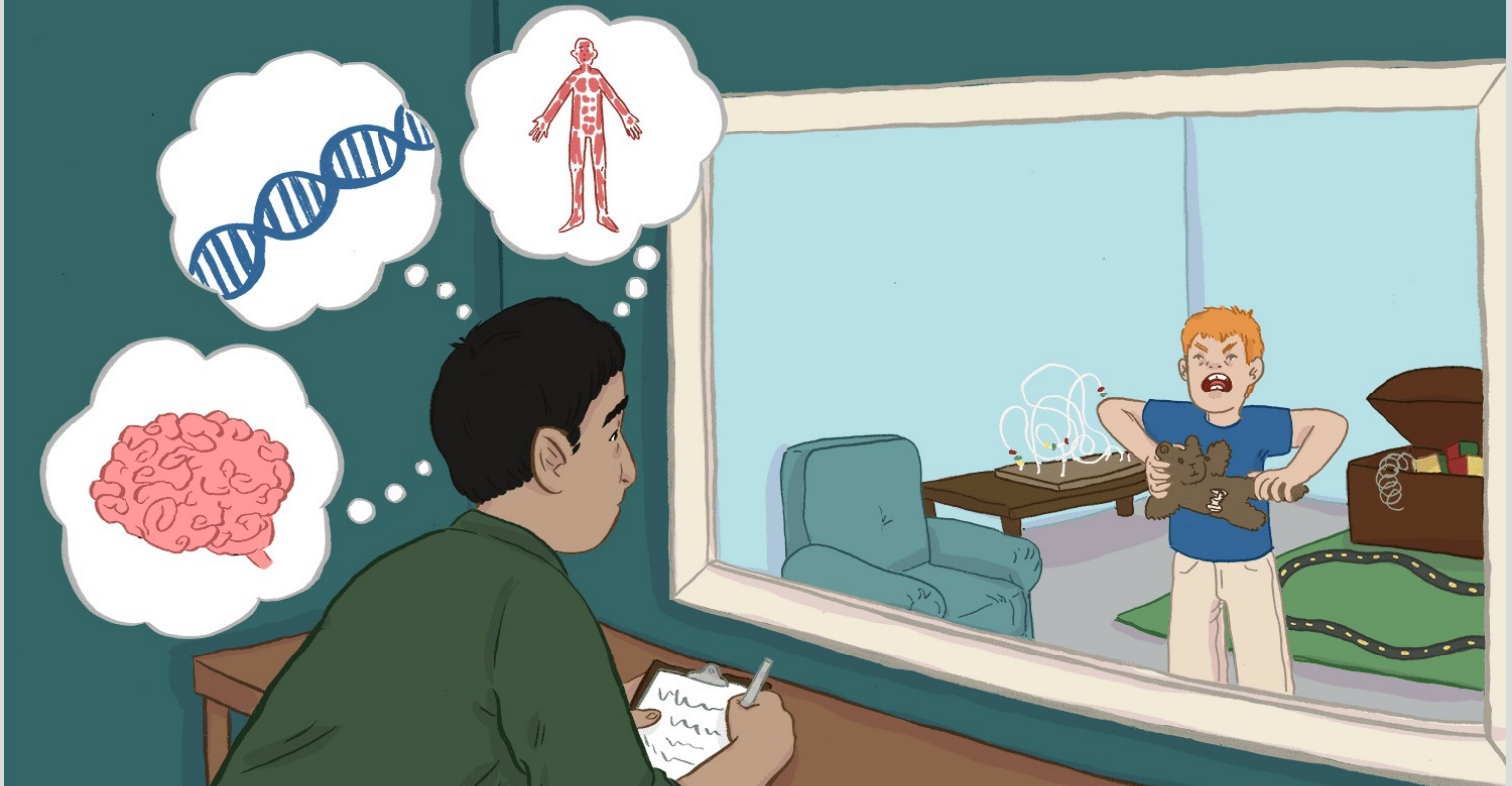
Biological approaches suggest that genetics are responsible for personality. In the classic nature versus nurture debate, the biological theories of personality side with nature.

Research on heritability suggests that there is a link between genetics and personality traits. Twin studies are often used to investigate which traits might be linked to genetics versus those that might be linked to environmental variables. For example, researchers might look at differences and similarities in the personalities of twins reared together versus those who are raised apart.

One of the best known biological theorists was Hans Eysenck, who linked aspects of personality to biological processes.

## The Biological Perspective

How psychological issues are impacted by biological processes



A. Hans Eysenck believed that personality is primarily determined by genes. What do you think?

I don't think personality is determined by genes. I believe people are shaped by their environment, which includes their peers and parents. The reason I know this is because of my friend who is an identical twin has a completely different personality compared to his twin.

B. Assuming personality is determined by genes. What traits would you look for in a partner?

I would look for loyalty, patience, acceptance and sympathy.



# *Personality Theory*

## *- Personality Traits*

Trait theorists believe personality can be understood by positing that all people have certain traits, or characteristic ways of behaving. Do you tend to be sociable or shy? Passive or aggressive? Optimistic or pessimistic? According to the Diagnostic and Statistical Manual (DSM) of the American Psychiatric Association, personality traits are prominent aspects of personality that are exhibited in a wide range of important social and personal contexts. In other words, individuals have certain characteristics that partly determine their behavior; these traits are trends in behavior or attitude that tend to be present regardless of the situation.

The five-factor model organizes all personality traits along a continuum of five factors: openness, extraversion, conscientiousness, agreeableness, and neuroticism.



A. In regards to the Five-Factor Model of Personality, how will you insure your child is open to new experiences?

Parents of children can build upon this natural increase by encouraging divergent thinking. You might do this by writing poems together or going to an art museum and talking about what you each see in the paintings.

Research suggests, however, that Openness to Experience may be, to some degree, inherited. It is also shaped by personal experience and temperament. At the same time, though, it may be the case that cognitive training can increase your Openness to Experience. Challenging yourself to try new things may actually help you to become more open to experience.

B. In regards to the Five-Factor Model of Personality, how will you insure your child is calm?

Give your children only what they need and not what you think they need. If the parents are not calm, the children won't be as well. Also, a consistent routine will help them stay calm.

