Development and Growth of Children

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People living in an environment where they have to struggle for nutrition, health, and development are mostly recognized as disadvantaged. It is not their fault to live and grow in such an environment, however, it has a strong relationship with the cognitive and latent learning of children. The early development of children significantly improves the social and psychological health of children. Education, environment, and society have an important role in the development of children. Studies have shown that people living in poverty have to strive hard to enable their children to grow optimally. Single-parent families have also been involved in various catastrophes (Morss, 2017). These elements have very strong effects on the development and growth of children. This paper will analyze the case study of Carlos and his growth and developmental processes in the presence of influencing factors of environment, socio-economic conditions, and parenting.

# Developmental Process from Fetus to Adult

The human fetus has been observed to respond to unbalanced nutrition and other biological stressors. The early development of the newborn is very sensitive to the changes in the environment. It has been suggested that changes and variations in the environment can significantly influence the developmental stages and growth of newborns (Morss, 2017). Developmental processes respond to the genes and environment and are also significantly influenced when there is an alteration in the system. It has also been observed that physiological systems of the body are predominantly dependent on appropriate nutrition, suitable environmental processes, and hormonal changes of the body. Therefore, the human body is sensitive to changes in the atmosphere. Cardiovascular changes and nutritional disruption should be managed appropriately in cases where we have children.

The growth and progress of children in a suitable and favorable environment are essential for better social and psychological development. Changes in the DNA such as mutations or methylation have been reported to be affecting the growth and development of children (Morss, 2017). Various studies have been conducted to analyze the professionals working in laboratories where they have exposure to radiations and it has been analyzed that harmful radiations are significantly involved in the malformations of structures, particularly in pregnancy. Children grown in the environment of healthy and positive societies will develop good gestures and behaviors in adults and these behaviors will be sustained with them.

# Developmental Concerns of Early Childhood

## Cognitive and Emotional Development

Cognitive development of children is essentially important to stimulate their intellectual abilities and learning capacities. Children from age 3 to 5 years particularly swayed by adequate social and financial conditions. It has been recommended that appropriate schooling and a healthy social environment is important for the development of cognitive thinking. The economic struggle often influences the malfunctioning and inappropriate development of brain. Children will be underdeveloped in such families as they have to strive hard for adequate nutrition. The encouraging and loving environment would be helpful in the development of children particularly their cognitive development. Emotional support is also provided by families, peers, and communities that can play its role in the development of children (Morss, 2017). It has been suggested that children emotionally attached with the parents when observed that their parent is involved in another person, they would develop negative feelings towards them. Therefore, single parents often encountered such consequences which parents of Carlos have been experiencing (Slater & Bremner, 2017). These children would be less compromising and would be optimistic in developing relationships. These children would be showing less or average scores in academics because they are emotionally not strengthened (Slater & Bremner, 2017).

Emotional factors include the contribution and participation of families and relationships (Morss, 2017). It also has a significant role in the development as studies have shown that single parenting often causes stress among children due to lack of availability of necessities of life. It has been suggested that parents along with socially positive environment can improve the emotional growth of children.

According to Bowlby's Attachment Theory, a child's relationship with his caregiver is important for his development. This theory has suggested that this early relationship with the caregivers would be sustained throughout his life. This theory suggests that Carlos has a troubled relationship with his stepfather as he has no idea how a father would treat him if he was living with him (Slater & Bremner, 2017). Enabling and promoting the environment can improve the emotional health of children. In the case of single parenting, children usually show a lack of empathy towards their step-parents. Children attached with a parent suffer from loneliness and isolation and often develop symptoms of depression and anxiety (Slater & Bremner, 2017). It has been suggested by psychologists to provide a positive and favorable environment for the children. Growing children often have feelings for everything they observe in their surroundings. They observe people treating and guiding them therefore, the positive and adaptive environment is essential for the children of age from 3 to 12 years.

## Developmental Concerns of Middle Childhood

Psychologists have suggested that Vygotsky's sociocultural theory has a leading role in understanding how cultural factors influence a child. A child learns from his experiences and practice. The actions and behaviors of children are strongly influenced by the interaction of caregivers, parents or peers. It has been suggested that higher-order development of emotions and the psychology of children is strongly reliant on sociocultural factors (Slater & Bremner, 2017). Overall, Carlos was charming and approachable throughout his interactions with his peers. Similarly, Carlos would be engaged in making relationships with his peers but he would prefer to remain polite and well-nurtured in behaviors.

Piaget's cognitive developmental theory has suggested that how a person would react to a situation depends entirely on how he interprets people and the world. According to this theory, a child's early period is limited to the environment and he has less knowledge regarding the world (Slater & Bremner, 2017). Progress to the formal operational stage in which a child is around 12 years old and has developed concrete knowledge about the world. He has developed his thoughts logically after viewing the world. Therefore, Carlos has developed himself according to the circumstances that he has been living with his stepfather (Slater & Bremner, 2017). He is being logical in his thinking whereas, he has developed polite behavior towards others. Also, he has been showing academically average performance simultaneously.

Children from age 2 to 3 years engage themselves in prevailing ideas and feelings about individuals and about themselves. The relationship of children with peers and caretakers and other children inevitably influences their development (Slater & Bremner, 2017). These children have developed their intellectual capacity after analyzing their relationships and the environment (Sluckin, 2017).

# Environmental Factors

It has been observed that nature versus nurture was always an argumentative statement among professionals. It has been suggested that various genetic or heredity traits and environmental factors are influential in the development of children. It has been suggested in various studies that nature provides opportunities and nurture taps the trigger. However, both of them are essential for the growth and development of children (Morss, 2017). A social environment such as the relationship of children in schools and colleges, and homes is essentially important for growth. The emotional environment includes how well a child is treated in families and homes. The economic environment includes the abilities of a family to provide all the necessities of life to their children (Morss, 2017). Various studies have shown that children need a positive and favorable environment to grow with their maximum capacities.

The human brain develops in the presence of optimal conditions. These conditions include availability of adequate nutrition and good positive social environment. For example, people living in areas having higher rates of violence will ultimately have behaviors of aggression by nature. As it has been observed that nurture and nature are interlinked disciplines therefore, environmental factors are strongly involved in the growth and developmental processes of the body. Children are more sensitive at an early age therefore, environmental factors are essentially required to be appropriate for their growth and development. Emotional factors include the contribution and participation of families and relationships in the development of children (Morss, 2017). It has a significant role in the growth of children as studies have shown that single parenting often causes anxiety among children due to the lack of availability of finances and resources. It has been recommended that family involvement along with a socially optimistic environment can progress the emotional growth of children effectively. Support can be provided by the families, peers, and communities to help children grow and develop according to their age.

# Multiculturalism and Diversity

Cultural diversity helps children in engaging themselves in responsiveness and it also helps their capacities to grow. Socially active and responsive children essentially need to grow in an adaptive and operative cultural environment. Carlos has successfully engaged himself in enjoying his schools and sports activities. Carlos reported that he has few friends at school and he is uncoordinated and physically smaller than other boys his age. This information has shown that he has observed his surroundings (Singer, 2017). Though he has suffered many problems in his early life, the developmental processes of Carlos have been significantly influenced by his interaction with the mother. He used to discuss his sufferings and feelings with his mother.

Diversity and multiculturalism along with school have an important role in the development of children. Positive and strong social relationships can improve behaviors of children as it promotes healthy development (Slater & Bremner, 2017). The environment has been divided into various segments in which family and society have a direct association with the children. The environment of schools and colleges is equally responsible for the development of children.

# Interventions and Recommendations

Culture and society have been involved in the development of cognitive learning. Psychologists have suggested that a good society can generate positivity among children (Slater & Bremner, 2017). Certain team building activities in schools promote healthy cooperative behaviors among children therefore, the school environment can significantly help children to develop their positive and healthy behaviors.

Cognitive-behavioral therapies are often adapted to help improve behaviors of children as it has been observed that behaviors can be modified (Slater & Bremner, 2017). Psychologists and social community workers have suggested that engaging children in healthy activities can motivate them and empower their social behaviors.

An effective and collaborative environment can be considered if it can help children to modify their negative and socially impaired behaviors (Slater & Bremner, 2017). Family and social environments can significantly help children to adopt positive behaviors from society. The effective and cooperative school environment will ultimately help children to develop socially adaptable and positive behaviors. For example, engaging them in problem-solving activities will enable them to grow their skills to resolve their issues.

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