

Table of Contents

<i>Preface</i>	xiii
--------------------------	------

<i>About the Author</i>	xx
-----------------------------------	----

Chapter 1

<i>The Field of Human Development</i>	2
---	---

1.1 The Life Span Perspective	4
--	---

1.1a <i>The Field of Human Development</i>	5
--	---

1.1b <i>The Importance of Studying Life Span Development</i>	6
--	---

1.1c <i>Historical Perspectives on Human Development</i>	8
--	---

1.1d <i>Issues, Domains, and Principles of Development</i>	14
--	----

1.1e <i>Phases of Developmental Change</i>	21
--	----

1.2 Developmental Research Methods	23
---	----

1.2a <i>The Foundation for Research</i>	23
---	----

1.2b <i>How Are Theories Tested?</i>	26
--	----

1.2c <i>Developmental Considerations in Research</i>	31
--	----

1.2d <i>Widely Used Statistical Approaches</i>	34
--	----

Summary	36
-------------------	----

Self-Quiz	37
---------------------	----

Terms and Concepts	38
------------------------------	----

Chapter 2

<i>Foundational Theories in Human Development</i>	40
---	----

2.1 Foundational Theories in Human Development	42
---	----

2.1a <i>Theories That Focus on Biological Processes</i>	43
---	----

2.1b <i>Theories That Focus on Cognitive Processes</i>	45
--	----

2.1c <i>Theories That Focus on Emotional or Social Processes</i>	50
--	----

2.1d <i>Theories That Focus on the Environment of Development</i>	59
---	----

2.1e <i>Comparing Developmental Theories</i>	62
--	----

Summary	64
-------------------	----

Self-Quiz	64
---------------------	----

Terms and Concepts	65
------------------------------	----

Chapter 3

Genetics and Human Development 66

3.1 Genetics	68
3.1a <i>Biological Foundations</i>	68
3.1b <i>Genetic Disorders</i>	76
3.1c <i>Behavior Genetics</i>	81
Summary	86
Self-Quiz	86
Terms and Concepts.	87

Chapter 4

The Dawn of Development 88

4.1 Prenatal Development	90
4.1a <i>Stages of Prenatal Development</i>	91
4.1b <i>Critical Factors in Prenatal Development</i>	95
4.1c <i>Complications in Pregnancy</i>	98
4.1d <i>Prenatal Care</i>	99
4.1e <i>Reactions to Pregnancy</i>	103
4.2 Birth and the Newborn	104
4.2a <i>The Birth Process</i>	104
4.2b <i>Labor and Delivery</i>	105
4.2c <i>Complications</i>	110
4.2d <i>The Newborn</i>	112
4.2e <i>Transitions</i>	116
Summary	118
Self-Quiz	119
Terms and Concepts.	120

Chapter 5

Physical Development and Decline 122

5.1 Foundational Topics for Physical Development and Decline	124
5.1a <i>Growth Patterns</i>	124
5.1b <i>The Basic Structures of the Brain</i>	126
5.2 The Development and Decline of the Body	132
5.2a <i>Height and Weight Changes</i>	133
5.2b <i>Changes in the Brain</i>	137
5.2c <i>Other Physical Changes</i>	142

5.3 The Biology of Aging	158
5.3a <i>Evolutionary Aging Theories</i>	158
5.3b <i>Stochastic Aging Theories</i>	159
5.3c <i>Deterministic Aging Theories</i>	160
Summary	161
Self-Quiz	161
Terms and Concepts	162

Chapter 6

Sensory and Motor Skill Development and Decline 164

6.1 Sensory and Perceptual Development and Decline	166
6.1a <i>Infancy</i>	166
6.1b <i>Childhood and Adolescence</i>	170
6.1c <i>Early Adulthood</i>	170
6.1d <i>Middle Adulthood</i>	172
6.1e <i>Late Adulthood</i>	173
6.2 Motor Development	176
6.2a <i>Infancy</i>	176
6.2b <i>Early Childhood</i>	180
6.2c <i>Middle Childhood</i>	183
6.2d <i>Adolescence and Adulthood</i>	186
Summary	188
Self-Quiz	189
Terms and Concepts	189

Chapter 7

Health and Well-Being 190

7.1 Nutrition	192
7.1a <i>Infancy</i>	192
7.1b <i>Early Childhood</i>	194
7.1c <i>Middle and Late Childhood</i>	197
7.1d <i>Adolescence</i>	198
7.1e <i>Adulthood</i>	202
7.2 Safety Concerns and Risky Behaviors	204
7.2a <i>Infancy</i>	204
7.2b <i>Childhood</i>	204
7.2c <i>Adolescence</i>	206
7.2d <i>Early Adulthood</i>	210
7.2e <i>Middle and Late Adulthood</i>	211

7.3 Physical Health and Illness	212
7.3a Infancy	212
7.3b Early Childhood	212
7.3c Middle and Late Childhood	212
7.3d Adolescence	213
7.3e Early Adulthood	214
7.3f Middle Adulthood	215
7.3g Late Adulthood	217
7.4 Promoting Well-Being	223
Summary	225
Self-Quiz	226
Terms and Concepts	226

Chapter 8

Foundational Perspectives on Cognitive Development and Decline . . . 228

8.1 Piaget's Cognitive Development Theory	230
8.1a The Sensorimotor Stage	231
8.1b The Preoperational Stage	235
8.1c The Concrete Operational Stage	241
8.1d The Formal Operational Stage	244
8.1e Summary of Piaget's Theory	249
8.2 Other Early Theorists	249
8.2a Vygotsky and Sociocultural Theory	249
8.2b Ebbinghaus and Memory	254
8.2c Binet and Cognition	256
Summary	260
Self-Quiz	261
Terms and Concepts	262

Chapter 9

Current Perspectives on Cognitive Development and Decline . . . 264

9.1 Cognitive Development and Decline—Current Perspectives	266
9.1a Attention and Memory	266
9.1b Theory of Mind, Problem-Solving, Intelligence, and SOC Theory	278
9.1c Metacognition	284
9.1d Learning and Knowledge	285
Summary	294
Self-Quiz	295
Terms and Concepts	296

Chapter 10

Communication Development and Decline 298

10.1 What Is Language?	300
10.1a <i>Spoken Language Basic Components</i>	300
10.2 The Development of Language	303
10.2a <i>Language Development During Early Childhood</i>	305
10.2b <i>Language Development During Middle and Late Childhood</i>	307
10.2c <i>Language Development During Adolescence</i>	308
10.2d <i>Language Development and Decline During Adulthood</i>	308
10.2e <i>Elderly Directed Speech</i>	311
10.3 Online Communication	312
10.3a <i>Communication via Electronics</i>	312
10.4 Variations in Communication	319
10.4a <i>Bilingualism</i>	319
10.4b <i>Second-Language Acquisition</i>	319
10.4c <i>Communicative Disorders</i>	320
10.5 Theories of Language Acquisition	320
Summary	322
Self-Quiz	322
Terms and Concepts	323

Chapter 11

Emotional Development and Individual Differences 324

11.1 What Are Emotions?	326
11.1a <i>Emotion and Communication</i>	329
11.2 Emotional Development	332
11.2a <i>Infancy</i>	332
11.2b <i>Early Childhood</i>	335
11.2c <i>Middle Childhood</i>	338
11.2d <i>Adolescence</i>	339
11.2e <i>Adulthood</i>	339
11.2f <i>Emotion Regulation Across the Life Span</i>	343
11.3 Attachment	345
11.3a <i>Attachment and Mental Models</i>	347
11.4 Individual Differences	352
11.4a <i>Temperament</i>	352
11.4b <i>Personality</i>	357
Summary	362
Self-Quiz	363
Terms and Concepts	364

Chapter 12
The Family 366

12.1 Establishing Independence 368

 12.1a *Millennials* 370

12.2 Love 372

12.3 Cohabitation, Marriage, Relationship Dissolution, and Divorce. 375

 12.3a *Finding a Mate* 376

 12.3b *Mate Shortages* 377

 12.3c *Cohabitation* 378

 12.3d *Marriage* 382

 12.3e *Relationship Dissolution* 386

 12.3f *Divorce* 388

12.4 The Family. 390

 12.4a *Parenting Strategies* 390

 12.4b *Learning to Be a Sibling* 395

 12.4c *Sibling Relationships.* 396

 12.4d *Caring for Aging Parents* 397

 12.4e *Grandparenthood.* 398

Summary 403

Self-Quiz 404

Terms and Concepts. 405

Chapter 13
The Social World 406

13.1 Friends and Peers 408

 13.1a *Peers* 409

 13.1b *Friendship* 411

13.2 Play and Leisure Time 417

 13.2a *The Electronic World.* 422

13.3 Day Care and Educational Settings 424

 13.3a *Infancy* 424

 13.3b *Early Childhood.* 425

 13.3c *Middle Childhood.* 426

 13.3d *Adolescence.* 426

13.4 Work and Retirement	428
13.4a <i>Work</i>	428
13.4b <i>Retirement</i>	431
Summary	434
Self-Quiz	435
Terms and Concepts.	435

Chapter 14

The Dusk of Life 436

14.1 Physical Aspects of Dying and Death	438
14.1a <i>What Is Death?</i>	438
14.1b <i>Leading Causes of Death</i>	443
14.1c <i>A Historical Perspective on Causes of Death</i>	446
14.1d <i>End of Life Care</i>	448
14.2 Cognitive Aspects of Dying and Death	454
14.2a <i>Understanding Dying and Death</i>	454
14.2b <i>Communication During the Dying Process</i>	460
14.2c <i>Coping with Dying and Death</i>	462
14.3 Socioemotional Aspects of Dying and Death	464
14.3a <i>Emotional Aspects of Death</i>	465
Summary	474
Self-Quiz	475
Terms and Concepts.	476
<i>Glossary</i>	477
<i>References</i>	503
<i>Name Index</i>	539
<i>Subject Index</i>	547