

# Parenting Young Children

Debbie Pong, Clinical Psychologist

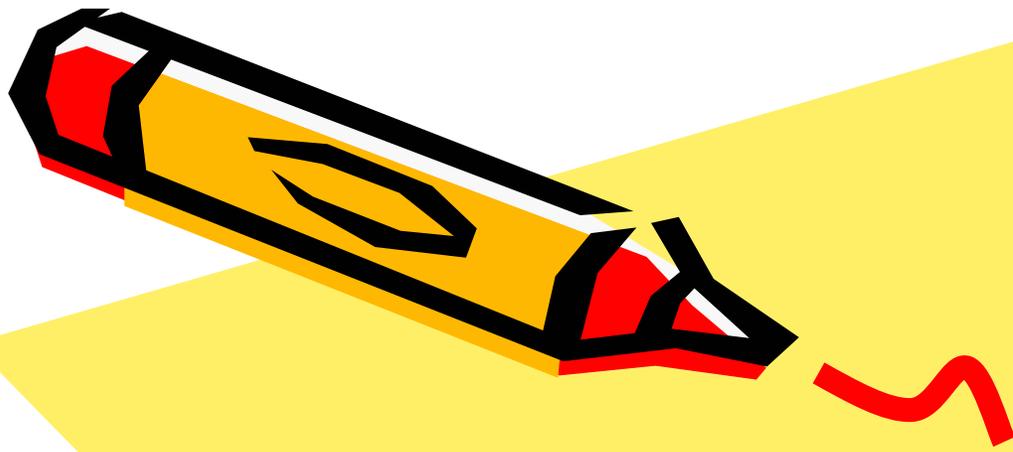
Clinical and Health Psychology Centre

Department of Psychology, The Chinese University of Hong Kong

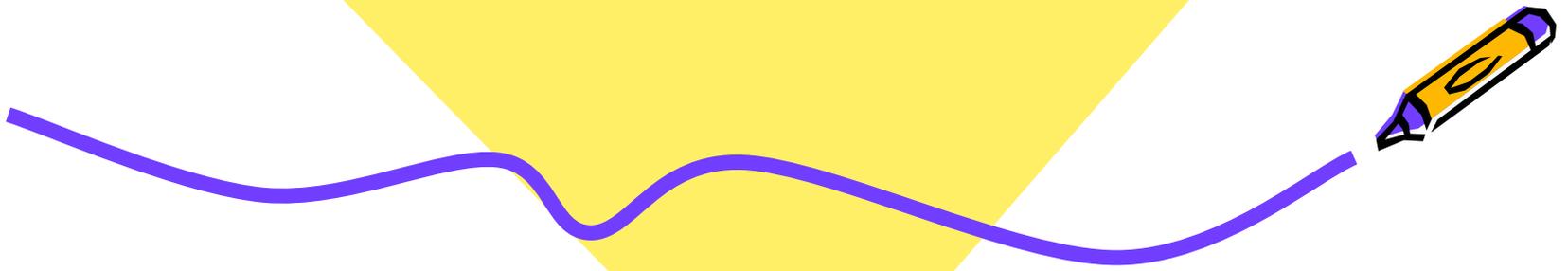
Parenting begins with...



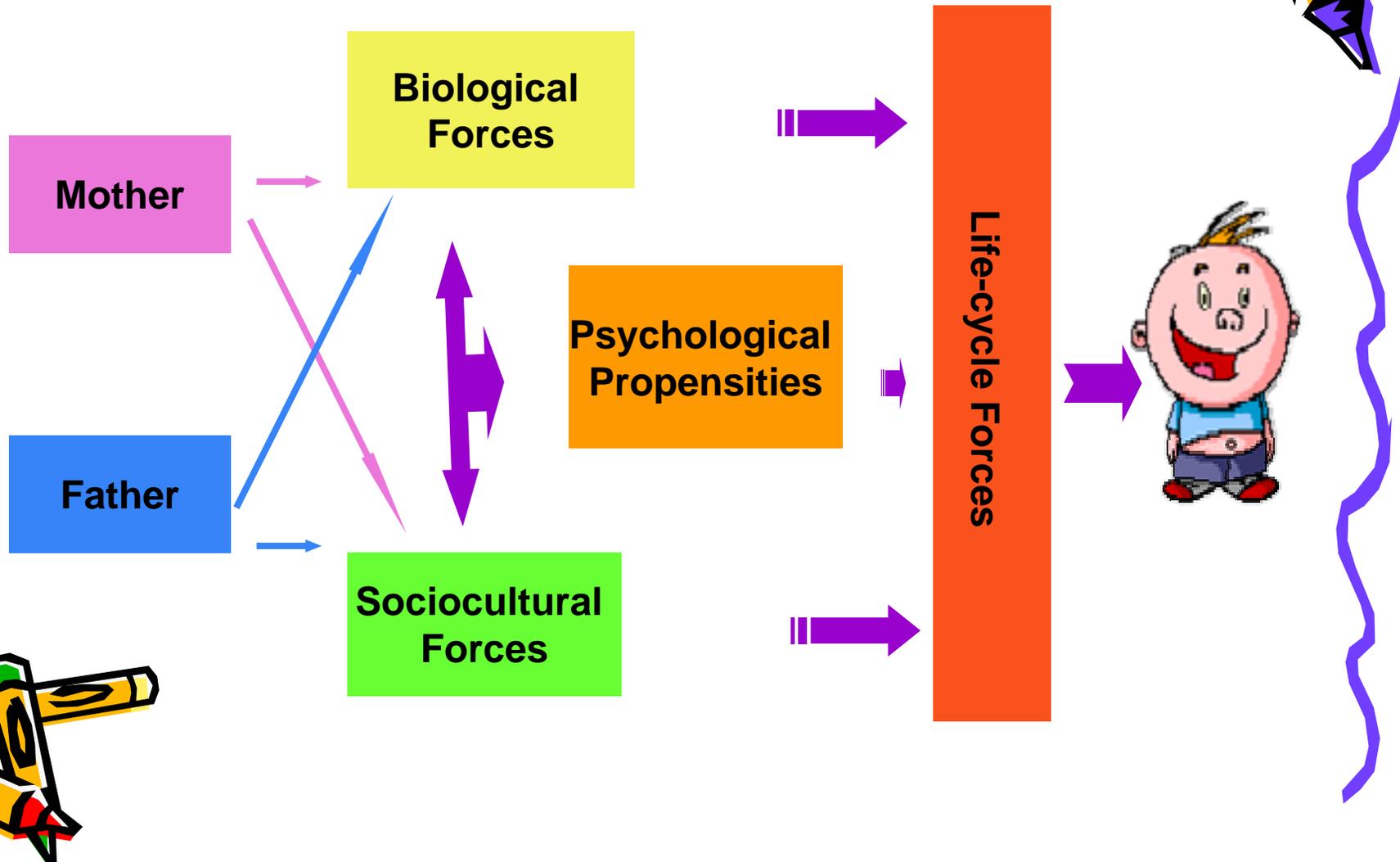
...understanding.



# Factors affecting child development



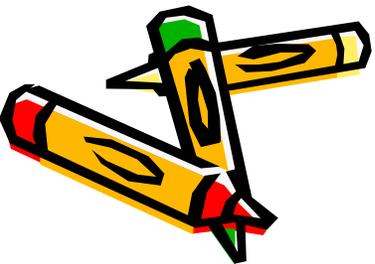
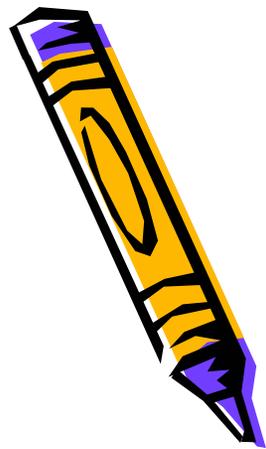
# Biopsychosocial Developmental Framework



# Optimal Development

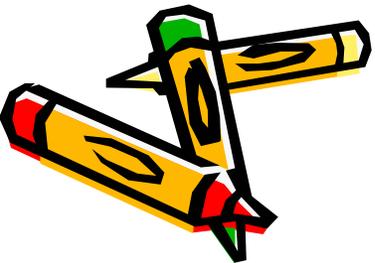
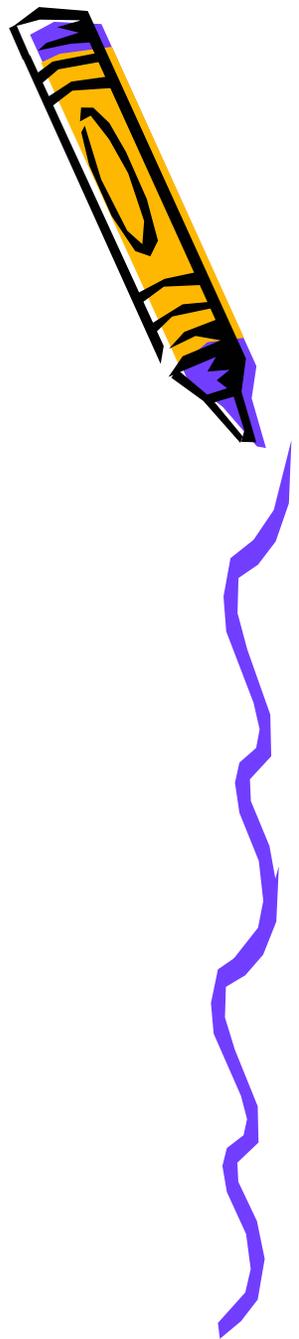
## Person-environment fit

Good fit of personal development &  
the demand of the environment

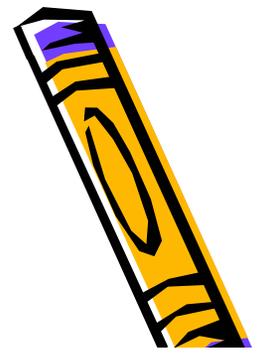


# Normative age-graded development

- Timing a baby walk & talk
- Timing of puberty & menopause

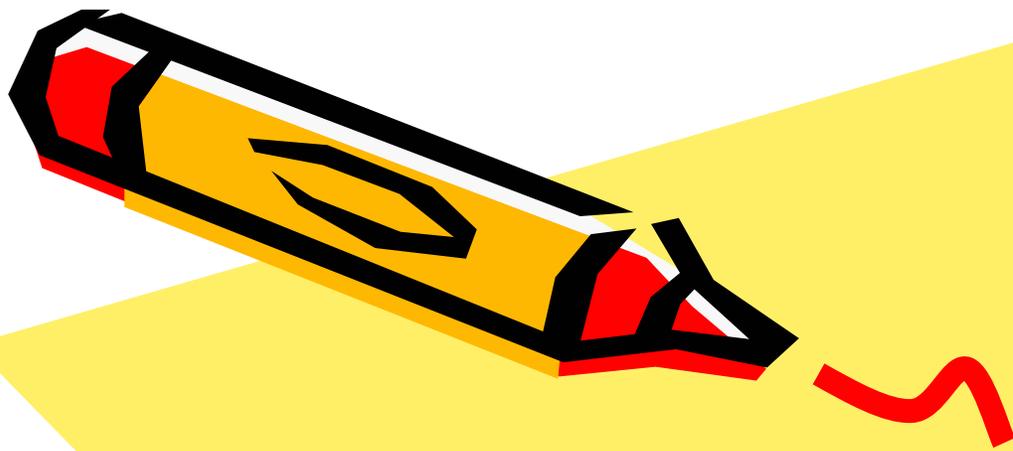


# Normal Distribution of Traits



Extroversion

Introversion



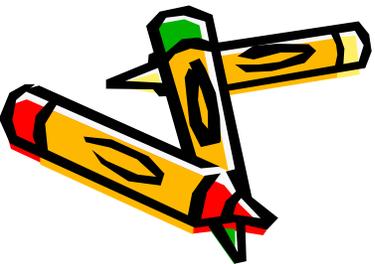
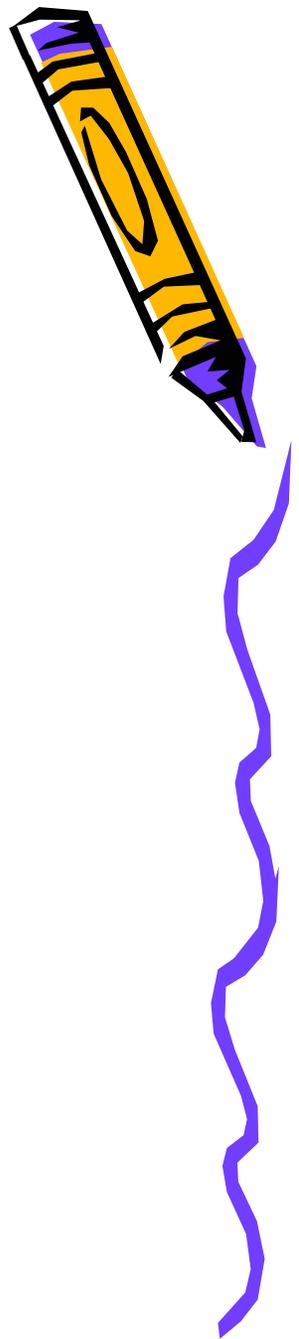
# Infancy to Early Childhood

0 – 6 years



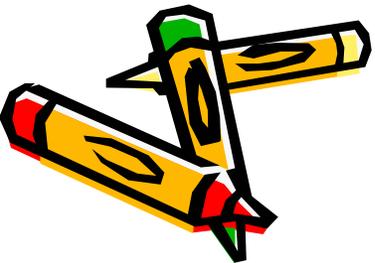
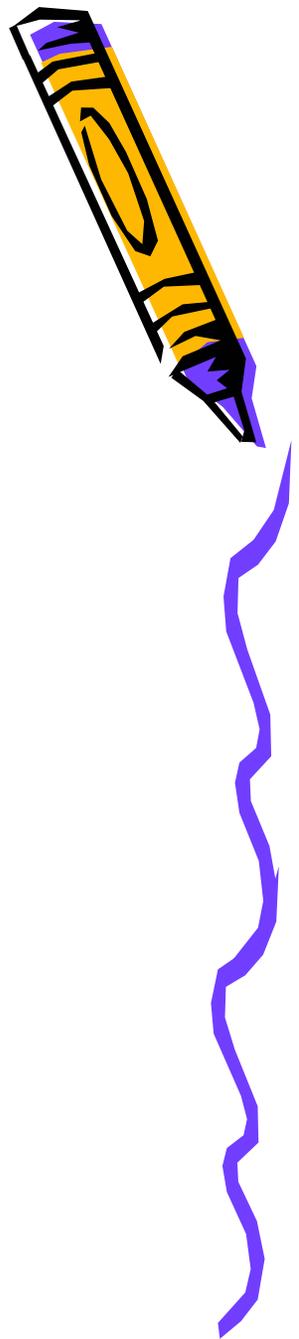
# Key Task

To Develop Tools for  
Exploring the World



# First Year of Life

- Physical Development
  - Body Growth
  - Motor
  - Emerging Nervous System
- Perception: Knowing the World
  - Smell & taste
  - Touch & pain
  - Hearing
  - Seeing



Keen sense  
of smell  
& taste

Sensitive  
to touch

Capable of  
Transmitting  
Pain

Best hear pitches  
of human speech

Brain size  
25%

Vision like  
adult

Brain size 80%  
Specialization

Recognize  
own name

Coordination of eye-hand improves →

Sit -----→ Crawl -----→ Walk

Weight ↓ doubles

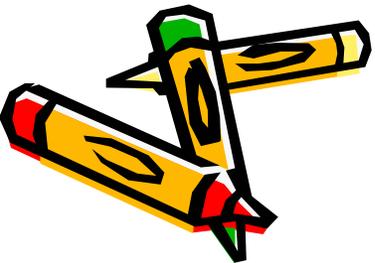
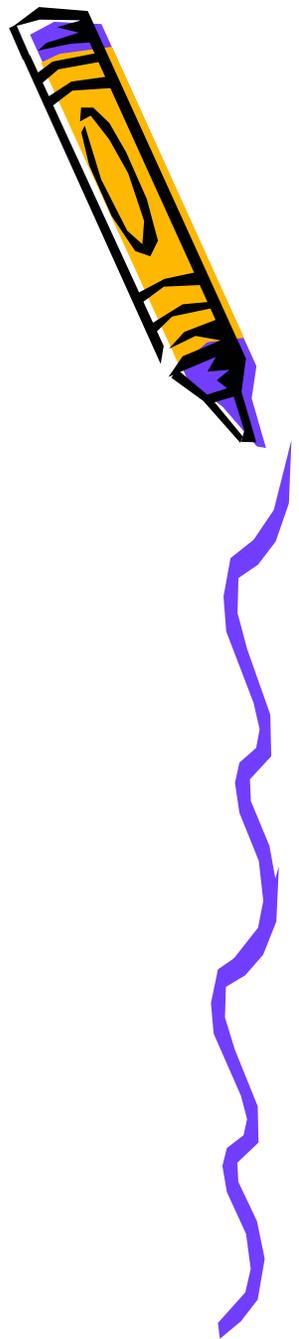
Height ↑ by 50%

0 1 2 3 4 5 6 7 8 9 10 11 12 mos



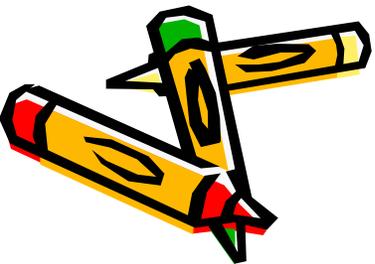
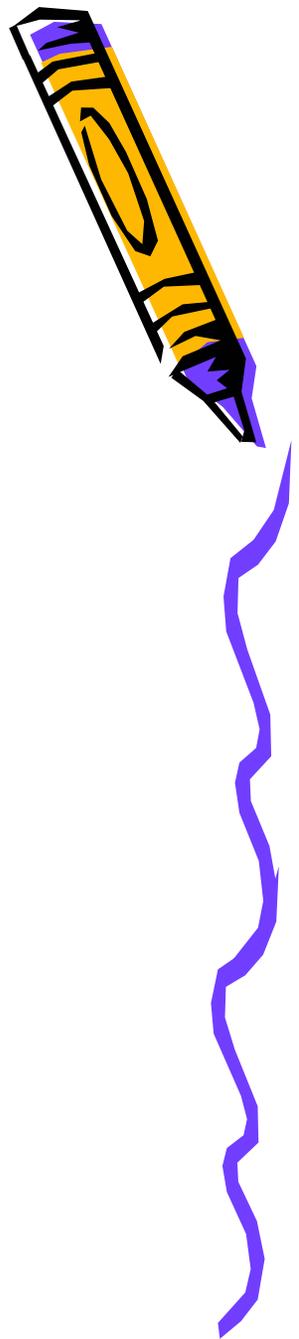
# Second Year of Life

- Becoming Self-Aware
- Language Development



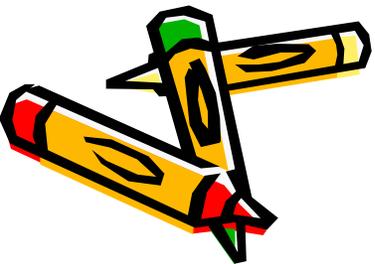
# Becoming Self-aware

- 18-24 months
- “I” “Me” “Mine”
- Self-definition
  - Possession
  - Observable and concrete qualities



# Language Development

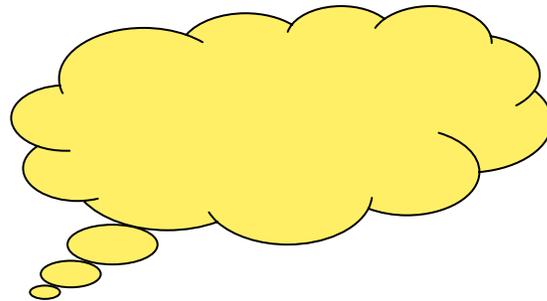
- Marks the beginning of a child's ability to communicate orally
  - 10-14 months: understand what others say. First word.
  - Turn taking
  - Correct me



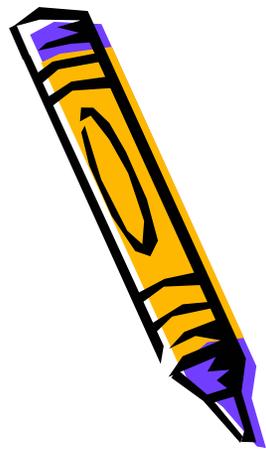
# Third Year of Life and Onwards



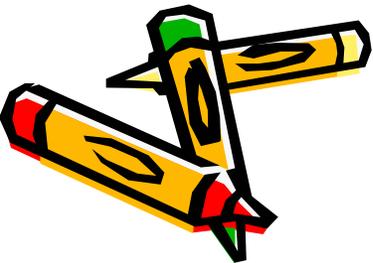
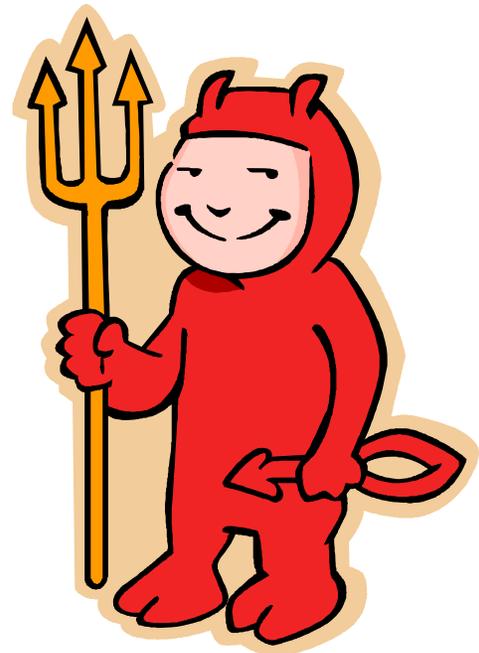
- Theory of Mind
  - Intuitive understanding of the link between mind (thoughts, beliefs, intentions) and behavior

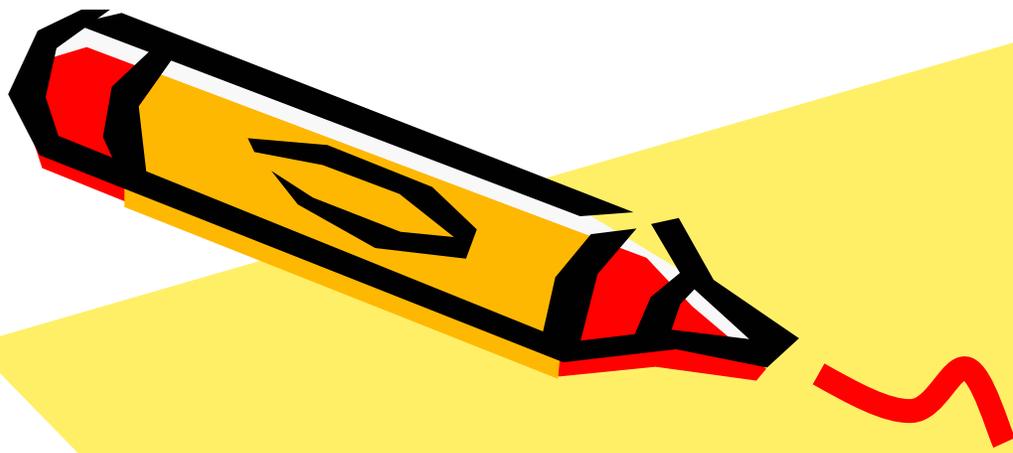


# Characteristic Cognitive Shortcomings



- Irreversibility
  - Inability to reverse thinking
- Appearance as Reality





# Q & A Session

