

Emotional

This area of development is about learning to deal with, recognise and express our emotions appropriately. Temper tantrums are acceptable in a 2-year-old but not a 22-year-old.



Emotional development

Emotional development key words:

- Attachment
- Caregiver
- Positive attachment
- Security
- Independence
- Self-image
- Self-esteem

Emotional development: infancy

- Infants need consistency for them to form secure attachments. They need to feel safe and secure with sufficient warmth, food and shelter
- Birth-6 months: An infant forms attachments with their parents or main carer but is also happy to be cared for by others.
- 6 months +: Strong attachments will be formed. Infant will be unhappy to go to strangers and may cry
- 12 months +: Infants can form attachments with others, can be comforted when left by parents or main carers by others they know and trust.

Emotional development: infancy

Example: Netflix Babies: Love

<https://www.youtube.com/watch?v=Y0v5jDFtvsI>

Consider the following while watching the documentary:

1. Why do babies need a secure attachment from birth?
2. How do babies communicate their feelings to their caregiver?
3. What are the consequences if a baby does not form a secure attachment?

Emotional development: early childhood

- As children age they loosen the bonds with their parents.
- They begin to be more independent and develop a sense of '**self**'. They can start to make their own decisions e.g. what to wear or eat.
- They start to understand the feelings of others.
- Having people around and feeling safe provides a child with **security**.
- Starting school allows children to gain independence, but it can cause anxiety and worry.

Emotional development: adolescence

- Hormones may be out of balance and in some cases, this can lead to mood swings and aggressive behaviour. An 'emotional rollercoaster'.
- Teenagers are coping with major physical changes to their bodies.
- It is often important for the teenager to be able to talk to family and friends who can help them to understand the variety of feelings and emotions they are experiencing.
- Teenagers are still dependent on their parent/carers, however, they are more independent and free to make their own decisions.

Emotional development: adolescence

Key words related to emotional development in adolescence:

- Conflict
- Mood swings
- Self-esteem
- Isolation
- Independence
- Stress
- Friendships and relationships

Emotional development: early adulthood

- Self-confidence and self-esteem can often increase during adulthood.
- A lot of adults have positive emotional factors and stable relationships and friendships that make them happy.
- Can deal with positive and negative emotions well
- Show empathy - can see things from other peoples point of view.
- Experience of living with partner, forming close intimate relationships, and possibly getting married and/or starting a family.

Emotional development: middle adulthood

- These can depend on stable relationships and positive experiences during work and social life.
- Empty nest syndrome- **do you know what this is?**
- Loss of elderly parents
- Increased responsibility at work
- Estimates from the Office for National Statistics suggest that up to 42% of marriages could end in divorce, and is most common for men aged 45-49, whereas women it is most common at the end of early adulthood.

Emotional development: later adulthood

- Emotional development continues on old age as they experience new life events and transitions, such as becoming grandparents and retiring from work.
- They may enjoy more leisure time to build relationships with family and friends.
- Social isolation is more common in later adulthood, leaving older people feeling lonely and ignored.
- Likely to lose a partner or people close to you due to ageing.
- Loss of independence due to poor health.

Independence

- A lot of emotional development is linked to independence

Life Stage	Stages of independence
Adolescence	Still dependent on parents/carers but enjoying more independence and freedom to make their own decisions
Early adulthood and middle adulthood	Gaining independence such as living independently and controlling own lifestyle and environment
Later adulthood	A time when individuals may gradually become dependent on others for care