

LECTURE NOTE

COURSE CODE: HSM 204

COURSE TITLE: CHILD CARE AND HUMAN DEVELOPMENT

COURSE UNIT: 2 UNITS

COURSE SYNOPSIS: Concept of Human development and child care, Pre-natal development from conception till birth. The developing Organism in the prenatal environment. General concepts and principles of Human Development. Factors responsible for development disabilities. Prevention of developmental disabilities. Process of delivery and assessment of baby's condition. Theories of Development. Beginning the parent-child relationship (Early Child Care)

Course Objectives

At the end of this course, students should be able to -:

- Define the concepts “Human development” and “Child care”
- Describe the three stages of pre – natal development
- Enumerate the 5 concepts of Human development
- Discuss 5 factors responsible for developmental disabilities at the pre – natal stage and how to prevent developmental disabilities
- Describe the 3 stages of labor
- Enumerate specific areas of assessment in the new born
- Discuss at least two theories of development.

Lecture I

PRENATAL DEVELOPMENT

Introduction – General principles of human development

- Concepts: Growth, maturation, learning, critical periods, sequentiality of development
- Principle: Growth trend principle, principle of asynchronous growth, complexity in growth rate, principle of differentiation, principle of individual differences or uniqueness

Pre-natal development: – there are 3 stages;

- i. Germinal -: approximately 2 weeks of life from the time of fertilization of the ovum until implantation of the zygote in the uterus
- ii. Embryonic -: lasts from the end of the second week through the eight week of pre natal development
- iii. Fetal: - lasts from the beginning of the third prenatal month until birth.

Lecture II

THE DEVELOPING ORGANISM IN PRENATAL DEVELOPEMENT

The developing organism in pre natal Environment:

- The fetuses sensory capacities vis-a-vis the motion, vision and sound
- Maternal conditions and pre-natal development: e.g. health status of the mother as it affects the fetus
- The effects of maternal attitudes and psychological stress
- Nutritional influence on pre –natal development. E.g. effect of severe malnutrition on the growing fetus, effect of undernourishment and associated factors
- Counseling expectant mothers on the positive effect of balanced diet to the growing fetus
- Effect of socio-cultural factors on the development of the fetus.

Lecture III

DEVELOPMENTAL DISABILITIES

Factors responsible for developmental disabilities especially at the pre-natal stage

(Teratogens)

Heredity/ biological factors

- i. Chromosomal problems
- ii. Phenyl ketonuria
- iii. Galactosemia

Infections: e.g. – Rubella, Syphilis, other venereal diseases etc

Drugs: E.g. – non prescription drugs especially within the first 3 months of pregnancy; smoking, alcohol etc

Rhesus in compatibility

Excessive radiation especially within the first 3 months of pregnancy.

Prevention of developmental disabilities:

- i. Generic counseling
- ii. Ensuring adequate nutrition
- iii. Avoidance of un prescribed drugs
- iv. Avoidance of radiation
- v. Prevention of infection by adequate immunizations

Lecture IV

BIRTH PROCESS

Stages of labor

- i. 1st stage – last from 1st regular intense contractions of the uterus until cervix is fully dilated
- ii. 2nd stage – lasts from full dilatation of the cervix to the delivery of the baby
- iii. 3rd stage – separation of the placenta from the uterine wall with other fetal membranes until these are expelled

Assessment of the baby's viability and condition (Apgar score) that is the physical state and the response to reflexes.

Lecture V

THEORIES OF DEVELOPMENT

Psychodynamic theories – pioneered by Sigmud Freud. Freud's theory emphasizes developmental stages which are biologically determined, but are also influenced by unconscious process.

Basic concepts on personality structure

The id, the ego, the superego

The psychosexual stages of development:

- Oral stage: 0 – 1 year

- Anal stage: 1 – 3 years
- Phallic stage: 3 – 6 years
- Latency stage: 6 – 12 years

Strength and weakness of psychodynamic theory:

- i. The psychological theory:

Postulated by Erikson

There are stages

Strengths and weakness of psychosocial theory:

- ii. Behavioral and social learning theories. Postulated by Watson. The theories emphasize learning rather than maturation and heredity
- iii. Cognitive theory of development.

Jean Piaget was the major scholar in the area of stages of cognitive development. He elaborates on how the intellect develops as the child copes with the environment.

Lecture VI

IMMEDIATE PARENT – CHILD RELATIONSHIP (CHILD CARE)

- i. Early parent infant contact
- ii. Parent response to the baby's arrival
- iii. Institution of breast feeding
- iv. Prevention of infection

Assignment

Seminar presentation on the following topics:

1. Cognitive development in early infancy
2. Motor development in early infancy
3. Biological changes in early infancy
4. Health and nutrition in child care

Students will be expected to work together in groups after which they will present the prepared topics as seminars to the class. This will be scored and would be part of the continuous assessment.

References

1. Cole M and Cole S.R (1989). The Development of children. Scientific American Books, W.H Freeman and company, 41 Madison Avenue, New York.
2. Hitchcock J.E, Schubert P.E & Thomas, S.A (1999) Community Health Nursing Caring In Action. Delmar Publishers, New York
3. Heward W.L. (2003) Exceptional Children: An Introduction to special Education. 7th Edition, Merrill Prentice Hall, Upper Saddle River, New Jersey
4. A.O. (2001) Human Life Span Development. A basic text in Development psychology.