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How to use this book

Physical and cognitive development in early childhood

Key content is listed as a series of focusing questions at the start of each chapter, with the subsequent chapter content structured around these topics.

This boxed feature in each chapter highlights an issue of development from a cross-cultural or multicultural perspective within the Australian or New Zealand contexts. While this perspective is generally a consistent aspect of the text, the boxes in each chapter focus on specific issues.

Selected chapters feature either an interview with a local practitioner discussing the application of relevant developmental theory or a boxed feature highlighting significant Australian or New Zealand research on a specific issue. The interviews provide occupational examples for students who may be considering a variety of careers within psychology, allied health or education.

Each chapter's Focusing on box expands the discussion in the text by highlighting a significant and timely local issue for Australia or New Zealand.

These questions appear regularly throughout each chapter and are designed to stimulate reflection and discussion about key issues and concepts of development. While addressed directly to the student, the What do you think? questions can also serve as a basis for class activities and discussion. Many encourage collaboration among classmates and can be used as group assignments.
Looking BACK and looking FORWARD

At the end of each of the five parts of the text, this section examines an issue in light of the four themes of the book: Continuity within change, Lifelong growth, Changing meanings and vantage points, and Developmental diversity. These sections reinforce the developmental themes of the text by approaching key concepts from a fresh angle and linking them to earlier developmental periods and/or those yet to come.

SUMMARY

1 How diverse is middle age?
Contrasting stereotypes of middle age present it as a boring plateau and a time of inevitable crisis. Perceptions of this stage of life vary by social class, gender and age. Psychologists also have differing views of midlife.

A summary of key concepts is provided at the end of each chapter and linked back to the chapter’s opening Focusing questions.

KEY TERMS AND GLOSSARY

A list of key chapter terms is provided at the end of each chapter. These appear as margin definitions and are compiled for all chapters in the end-of-book glossary.

REVISION EXERCISES

Review, discussion, application and essay questions are available at the end of each chapter for student self study and revision, or for use as individual or group tutorial activities.
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   - voices across the lifespan in Australia
   - closing the gap for Indigenous Australians — health outcomes, early childhood development, remote housing and schooling
   - Australian research on personal perspectives and plasticity
   - the longitudinal Dunedin Multidisciplinary Health and Development Study
   - child protection in Australia

2 Theories of development
   - the relationship between Erikson's identity crisis, intimacy and romantic relationship — comparing two cultural groups (Australian and Chinese young adults)
   - proposed changes to the Racial Discrimination Act 1975
   - cultural applicability of lifespan development theories among Aboriginal Australians and Māori

3 Biological foundations, genetics, prenatal development and birth
   - Australian statistics for chromosomal alterations
   - Cystic fibrosis in Australia and New Zealand
   - genetic screening services and cultural sensitivity for Māori infertility rates in Australasia
   - gene disorders in Australia
   - live birth rates from assisted reproductive technology techniques in Australia and New Zealand
   - the history and legality of abortion in Australia and New Zealand
   - abortion law in Australian states and territories
   - the history and legality of surrogacy in Australia
   - teenage pregnancies in Australia
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   - an Indigenous child health and nutrition program in practice in the Northern Territory
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   - supporting breastfeeding mothers (an interview with a regional Australian Lactation Consultant)
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- comparative intentional injury (child abuse) statistics for boys and girls: Australian Institute of Health and Welfare (AIHW) research
- professional obligations to report child abuse in Australian states
- children in rural and remote Australia: tyrannies of distance and disadvantage
- comparative statistics on physical abuse, emotional abuse and neglect among Australian children: AIHW research
- poverty as a precursor to detrimental health effects in Aboriginal Australian children
- health and welfare services for Northern Australian Aboriginal children
- the achievement of bowel and bladder control from a cultural perspective
- motor development in Aboriginal-Australian and Anglo-Australian children
- New Zealand research showing the association between children’s theory of mind and executive functioning
- Australian and New Zealand children’s mastery of phonemes, including differences in vowel pronunciation
- Australian Sign Language (Auslan) in Australia and New Zealand
- longitudinal study of Australian children
- Australian childcare trends for preschoolers
- developmentally appropriate practices in preschool programs in Australia and New Zealand
- engaging Indigenous families in early childhood settings
- cognitive and social development of Anglo-Australian and Lebanese-Australian children

7 Psychosocial development in early childhood

- parenting programs in Australia
- preferred parenting standards and practices in Australia and New Zealand, including a discussion of cultural variance
- Vietnamese-Australian parenting styles and early childhood development
- helping Sudanese parents living in New Zealand to adopt positive parenting attitudes in a new host country — S.K.I.P program
- longitudinal New Zealand study of intergenerational effects of child abuse
- average family size in Australia and predominance of two-child families in Australia and New Zealand
- research on play among Australian preschoolers
- Australian research on the association between emotional regulation and prosocial behaviour
- Australian research on relational aggression as a significant aspect of bullying
- Australian research on link between parenting style and child aggression
- legal standards for children’s programming in Australia
- broadcasting codes and children’s programming restrictions in New Zealand
- parental awareness of media regulation of children’s programming in Australia
- the popularity of electronic media in Australian households
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8 Physical and cognitive development in middle childhood
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- negative stereotyping of obese children by Australian children
- body size and nutrition: a cross-cultural perspective
- weight and obesity statistics for Australian and New Zealand children
- Australian research on high body dissatisfaction among young girls
- mortality rates of Australian children
- acute illnesses (e.g. asthma) as a health concern for Australian and New Zealand children
- Indigenous children’s health in Australia, including a discussion of research showing a correlation between remoteness of residency and Indigenous children’s wellbeing
- Australian support organisations for unwell children and their families
- favourable environmental conditions for play in Australia and New Zealand
- research conducted on rural Aboriginal Australian children shows how practising conservation tasks affects attainment rates
- a discussion of current educational practices in Australian and New Zealand classrooms
- attentional capacity in middle childhood: increased flexibility demonstrated in Australian children
- Australian research on rates of smartphone use among children
- superior spatial memory of Aboriginal children
- bilingualism in Australia and New Zealand, including English as a second language for Aboriginal children
- Indigenous views of giftedness — cultural conceptions and interpretations
- compulsory education in the Australian and New Zealand school systems
- the impact of assessment and evaluation of student learning (including NAPLAN in Australia)
- Australian research on the correlation between the gender composition of groups and problem-solving behaviours of primary school children

9 Psychosocial development in middle childhood
- development of the sense of self in Australian and New Zealand children
- the impact of racism, abuse and violence on the wellbeing of Australian children
- cultural stereotypes of the family unit in Australia and New Zealand
- statistics showing motherhood is no longer a barrier to employment for Australian and New Zealand women
- a process model of parental monitoring of adolescent children developed by Australian researchers
- Australian programs to foster resilience and coping skills in children
- divorce and its effects on children in Australian and New Zealand families
- the Australian Parliamentary Standing Committee on Family and Community Affairs’s legislative recommendations for parenting of children by separated parents
- the effectiveness of equal shared care and alternative parenting arrangements in Australian families
- an overview of leading Australian researcher Jennifer McIntosh’s research on the effects of parental divorce on children
- the Australian Psychological Society’s recommendations for promoting a secure environment for children before, during and after divorce
- the parenthood gap in Australia, and Australian statistics on the effects of parental employment
- before-and-after-school-care (BASC) statistics for Australian children
- ‘National day of action’ — an anti-bullying, government initiative
- Australian cyberbullying research
- same-sex and opposite-sex friendships of Australian children
- an overview of the history of ethnically segregated education in Australia
- Australian research on the correlation between girls’ peer groups and the avoidance of harmful dieting behaviours
- the cultural component of social competence (a discussion of the relativity of behaviours displayed in peer groups in different cultures)
- Australian research on the association between interpersonal behaviours and peer acceptance and rejection
- segregation in an Australian primary school
Part 5 Adolescence

10 Physical and cognitive development in adolescence

- adolescent transitions — the initiation ceremonies of Aboriginal male teenagers and pubescent females in remote communities
- weight and height changes of Australian and New Zealand adolescents
- variations in pubertal development over time (including New Zealand research on the average age of menarche)
- education and adolescent social and emotional wellbeing issues — an Australian perspective
- the similarity between teenagers’ and adults’ perceived invulnerability as outlined by an Australian researcher
- adolescent overweight and obesity rates in Australia
- the National Strategy for Prevention of Overweight and Obesity — approaches to tackling the obesity epidemic in Australia
- the onset of body image and weight concerns among young Australian girls
- the incidence of unhealthy dieting behaviours in Australian adolescents relative to adolescents from other Western countries
- Australian longitudinal research on negative self-comparisons in primary school as important psychological precursors to eating disorders during adolescence
- Australian rates of anorexia nervosa and bulimia nervosa
- practising ‘safer sex’, a workable alternative to abstinence among Australian and New Zealand adolescents
- Australian research on the deficiencies of sex education as a mandatory part of the school curriculum
- New Zealand rates of adolescent pregnancy
- Australian rates of sexually transmitted infections
- substance abuse among Australian and New Zealand adolescents, including Australian National Council on Drugs research
- New Zealand research on the correlation between early use of cannabis and premature exit from school
- the binge drinking epidemic among Australian adolescents
- primary smoking prevention strategies implemented by the Australian government
- tertiary interventions administered to Australian teenage drug addicts: AIHW research
- Australian research on the relationship between orderly parallel idea processing and age (cognitive complexity theory)
- the importance placed on critical thinking in Australian and New Zealand high schools, including discussion of the Australian National Curriculum
- Australian and New Zealand research on different influences to moral judgement
- research from the Australian Curriculum Assessment and Reporting Authority and the Australia School Library Association

11 Psychosocial development in adolescence

- New Zealand research on lifelong identity development
- psychological moratorium for Australian and New Zealand teenagers
- New Zealand research on gender differences in identity achievement
- the correlation between friendship and dieting among Australian teenage girls
- Australian research on the association between disease and disability and identity formation
- Australian research on parenting styles and self-esteem during adolescence
- New Zealand research on low self-esteem during adolescence and negative outcomes in early adulthood
- Australian research on the differential effects of romantic relationships on young men’s and young women’s global self-esteem
- Australian research on perceptions of the appropriate mean age for achieving autonomy milestones
- New Zealand research on controls and limits on adolescent children’s behaviour
- Australian research on intergenerational conflict among Australian cultural subgroups (including Chinese-Australian)
- co-educational schooling in Australia
- youth gangs and ethnic gangs in Australia
- Australian youth bullying statistics and research
- Australian research on student friendship quality in same-sex and opposite-sex friendships
- sexual activity among Australian youth
- Australian sexual preference statistics
- the sexual revolution in Australia and New Zealand and the prevalence of the double standard in different cultures
- Australian research on sexual orientation, including the disclosure of minority sexual orientation
- Australian and New Zealand research and statistics on teenage pregnancies
- developing an ethnic identity
Part 6 Early adulthood

12 Physical and cognitive development in early adulthood

- Australian statistics on growth in height and weight during early adulthood
- National Health and Medical Research Council guidelines for a healthy diet and Nutrition Australia’s Healthy Eating Pyramid
- exercise in early adulthood (New Zealand and Australian trends)
- hauora: An indigenous perspective on health
- Australian research on the association between stress and health
- Australian statistics and research on smoking and its associated health risks
- Aboriginal Australian and Māori smoking prevalence trends
- smoking-related legislation in Australia and Australian media campaigns on the health risks of smoking
- Australian and New Zealand research on alcohol use and drug abuse during early adulthood
- Australian and New Zealand research on participation in unsafe sex practices during early adulthood
- risk factors for disordered eating in different Australian ethnic groups
- eating disorders and self-perceptions of Māori females
- bushfires as a precursor for post-traumatic stress disorder in Australia
- Australian and New Zealand rape statistics
- Australian Research Centre in Sex, Health, and Society survey findings on sexual attitudes and experiences
- Australian and New Zealand research on sexual desire and sexual dysfunction
- Australian and New Zealand research on same-sex relationships
- Australian and New Zealand infertility and reproductive technologies statistics
- overview of Australian colonialism
- discussion of Indigenous spirituality in Australia and New Zealand
- religious affiliation of New Zealanders and Australians
- post-secondary education in Australia and New Zealand
- Australian and New Zealand research on the ramifications of work and non-work
- the influence of race and ethnicity in the workplace for Māori, Pakeha and Indigenous Australians
- Australian research on the occupational segregation of migrant workers
- Australian and New Zealand labour market participation rates

13 Psychosocial development in early adulthood

- mentoring in the New Zealand workforce
- Australian research on social isolation and internet use, including online dating
- counselling in New Zealand following the Christchurch earthquake
- Australian Bureau of Statistics research on cohabiting, and research on cohabitation following divorce
- age of first marriage and marriage rates in Australia and New Zealand
- same-sex partnerships in Australia and New Zealand, including government legislation
- social perceptions of marriage and marriage customs in cultural subgroups, including among Māori, Greek Australians and Indigenous Australians
- Australia Institute of Family Studies research on marital equality and satisfaction
- partner abuse in Australia and New Zealand
- Australian and New Zealand divorce and remarriage statistics
- Australian research on postpartum adjustment
- single-parent families in Australia and New Zealand
- childfree relationships in Australia
- research on the family transitions Australian children commonly encounter

Part 7 Middle adulthood

14 Middle adulthood

- Australian cricketer Brad Hogg — physical prowess in middle adulthood
- life expectancy in Australia and New Zealand
- Australian Heart Foundation exercise recommendations for adults
- the gender gap in life expectancy in Australia and New Zealand
- National Health Survey results
- Australian research on the impact of smoke-free workplaces on workday cigarette consumption
- Australian research on health-compromising behaviours
- Australian National Mental Health and Wellbeing Survey results
- New Zealand Mental Health Survey results
15 Psychosocial development in middle adulthood

- Australian and New Zealand breast cancer statistics
- cancer screening and cultural differences in Australia
- South Australian breast cancer focus group results
- Australian and New Zealand prostate cancer statistics
- Australian research on the psychosocial needs of rural cancer patients
- life expectancy (at birth) for Australian and New Zealand Indigenous and non-Indigenous populations
- human development index scores for Australian and New Zealand Indigenous and non-Indigenous populations
- menopause: findings from Australian and New Zealand research
- life coaching in Australia
- discrimination in the workforce (Indigenous and non-Indigenous Australian statistics)
- New Zealand research on discrimination in the workforce
- Australian midlife labour market participation rates
- Equal Opportunity for Women in the Workplace survey findings
- diversity of family structures in Australia and New Zealand
- Australian caregiving statistics, including the average time men and women spend daily on domestic tasks
- Australian research on the negative consequences of unemployment in middle adulthood
- career transitions in Australia
- demographics, health risk behaviours and outcomes of new mothers (data from the Longitudinal Study of Australian Children)
- relationship quality in Australian and New Zealand families
- research on Australian women's quality of life after children leave the home
- the prevalence of extended family households in Australia
- forced separation in Australia: a historical perspective and Western Australian Aboriginal Child Health Survey results
- midlife divorce in Australia and New Zealand
- research on Australian and New Zealand grandparents, including Māori customs
- rates of contact between paternal versus maternal grandparents following a divorce (Australian research)
- New Zealand research across four ethnic groups on the meaning of grandparenthood
- grandparents as a source of informal childcare and Australian and New Zealand research on grandparents as surrogate parents
- diversity in intergenerational families
- the association between gender and caregiving in Australian families
- statistics on ethnic status and caregiving burden in Australian ethno-specific communities
- Australian research on the comparative intensity of bereavement response for adults
- Australian and New Zealand research on sport and leisure activities
- Australian Longitudinal Study on Women's Health data on participation in leisure activities and cognitive performance among midlife adults

Part 8 Late adulthood

16 Physical and cognitive development in late adulthood

- overview of Australian longitudinal studies relevant to ageing
- Dr Norton Jackson, Member of the Order of Australia (a modern perspective on ageing)
- Australian nurses' beliefs about the attributes and capacities of older adults
- Australian and New Zealand life expectancy statistics
- projected age profile for Australia's population 2004–2101
- addressing issues created by the falling aged dependency ratio in Australasia
17 Psychosocial development in late adulthood

- marital status of older Australians by age and sex
caregiving in Australia
Australian research on the association between coping with grief and decline in health maintenance behaviours
Australian longitudinal research on educational status, income levels and unexpected bereavement
friendships for Australian widowers
older Australian and New Zealand adults online — a study on the benefits of internet use
the double standard of sexuality in late adulthood
Australian survey of aged gay, lesbian, bisexual and transgender people
New Zealand study on where older adults would like to grow older
Australian research on ever-single older adults
gender differences in Australian social networks
childlessness in Australian cohorts
Australian research on independent and assisted living in late adulthood
community involvement among older Australians (including Indigenous Australians) and New Zealanders
Australian volunteer rates by age and gender
informal volunteering and identity in late adulthood for Australian women
older Australian adults as a mechanism for informal childcare
ageing well in a multicultural society
religion and spirituality among older Australians and New Zealanders

Part 9 Endings

18 Dying, death and bereavement

- mortality in Australia and New Zealand
death settings in Australia and New Zealand, including culturally appropriate palliative care in Aboriginal communities
views on euthanasia in Australian and New Zealand
death and dying among traditional Maori and Aboriginal Australian people
the Respecting Patient Choices program at Austin Hospital, Melbourne
Australian research on death preferences
death preferences of Aboriginal Australians
Dr Philip Nitschke and euthanasia in Australia and New Zealand
end-of-life decision making by doctors in Australia and New Zealand
Australian statistics on feelings of shame at public expressions of grief, by religion/culture
bereavement support groups in Australia and New Zealand
funeral and ritual practices in Australia and New Zealand
inappropriate behaviour following the death of a loved one in different ethnic and religious groups in Australia
traditional Australian, New Zealand and Asian mourning beliefs
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