

Lesson 10: Voyage Through Lifespan

Associated with **Developmental Psychology**

Developmental Psychology – a study from **womb to tomb**, from **infancy to old age**

Prenatal development – is one of the **most important developments of an individual** (babies, inside the mother's womb). **Maturational milestone**.

Three periods of Prenatal development:

- **Germinal period** – **two weeks after conception**, a **union** of sperm and egg cell, results in fertilization, the fertilized egg (**zygote**). *Conception up to two weeks (14 days)*

Process:

1. **Ovulation** – **egg cell** from the ovary **enters the fallopian tube** (9-16 days of the menstrual cycle)
2. **Fertilization** – the **union of sperm and egg cell**, usually takes place in the upper third of the tube (24 hours after ovulation).
3. **Unity** – **sperm and egg material unite** (24-30 hours after fertilization).
4. **Division** – **egg cell divides** for the first time
5. 2 cells (36 hours after fertilization)
6. 4 cells (48 hours after fertilization)
7. A cluster of 16-32 cells (3 days)
8. A hollow ball of about 100 cells (4 days)
9. Zygote enters the uterus (4-5 days) – conceived of baby
10. Zygote begins to attach the wall of the uterus (6-7 days)
11. Zygote completely implanted in the uterine wall (12-14 days)

- **Embryonic period** – 2 – 8 weeks after conception, changes in form and organs of the baby

Process:

1. **Week 3** – **layers emerged** (ectoderm, mesoderm, endoderm), zygote to embryo.
 2. **Week 4** – **development of layers**, **mesoderm** (tiny heart), **endoderm** (gastrointestinal tract and lungs), **body organs**
 3. **Week 5** – **ears, mouth, throat** (take shape), **arms and legs** (buds starting point of the development of arms and legs of the baby), **heartbeats**, **divisions of the brain** (development of forebrain, midbrain, and hindbrain)
 4. **Weeks 6-7** – **heart** (divides into 4 chambers), **fingers**, visibility of **facial features** (not that visible)
 5. **Week 8** – most structures and organs are present, **sex of the baby**, embryo assumes a more human appearance, end of week 8 = beginning of the fetal period
- **Fetal period** – **longest and last period**, human-like appearance, a more complex period

Process:

1. **Week 9** – **embryo becomes a fetus** (genitals are visible), opens and close the mouth, and turns head
2. **Weeks 10-12** – **fingers** are visible and clearly formed, **kicking** (not too recognizable for the mother)
3. **Weeks 13-16** – heartbeats are audible to the **stethoscope**, and **fetal movements** are now visible to the mothers.
4. **Weeks 17-22** – fingernails and toenails, hair, teeth, buds, and eyelashes grew, brain development is phenomenal and **brain waves are detected**.
5. **Weeks 23-25** – **week of viability**, big chance that the baby will **survive** outside the womb.
6. **Weeks 26-32** – mothers experience the **baby's weight**, the brain grows, and the **nervous system** develops and became organized.
7. **Weeks 33-38** – **last 6 weeks** of a full-term pregnancy, further weight gain, and further brain activity, lungs mature, expand and contract.

Childhood: Physical Development (0-18 months)

Newborn reflexes – **involuntary movements**, muscle reactions, and neurological responses (Babinski, Blink, Moro, Palmar, Rooting, Stepping, Sucking)

- **Babinski** – **baby's toe fans out** when stroked (8-12m)
- **Blink** – **protect eyes**, from loud noise or bright light (Permanent)
- **Moro** – baby throws its **arms** (6m)
- **Palmar** – baby **grasps an object** (3-4m)
- **Rooting** – baby's **cheek is stroked**, simosundan (3-4w)
- **Stepping** – **voluntary walking**, not innate
- **Sucking** – **thumb sucking** (oral activities)

Locomotor Skills

1. Fetal posture
2. Chin up
3. Chest up
4. Reach and miss
5. Sit with support
6. Sit on lap; grasp object
7. Sit on high chair; grasp dangling object
8. Sit alone
9. Stand with help
10. Stand holding furniture
11. Creep
12. Pull to stand by furniture
13. Climb stair steps
14. Stand alone
15. Walking alone

Childhood: Physical Development

Perceptual development – development of **sight**

Voyage Through The Lifespan Study Guide

Zhe Xu



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