

Tasks & Worksheets (1): Personal Needs and Development across Lifespan

(I) Nutritional requirements vary across different life stages. Identify the nutritional requirements specific to the following life stages:

- i) Adolescence
- ii) Adulthood
- iii) Elderly

(II) Based on the descriptions of "Parental Demand and Responsiveness" and "Effect on Personal Development of the Children", fill in the "Parenting Styles" in the following table:

Parenting Styles	Parental Demand and Responsiveness	Effects on Personal Development of the Children
1.	Parents are neither demanding nor responsive to the needs of the children	Children have lower self-esteem, negative self-image and low motivation to learn
2.	Parents have high levels of demand and control as well as care for the children	Children have higher self-esteem and positive self-concept.
3.	Parents have high levels of demand and control but low levels of responsiveness to the needs of the children	Children are obedient and dependent on parents. Some of them may have a stronger sense of inferiority due to the negative self-concept.
4.	Parents are responsive but with relatively low levels of control and demand on their children	Children are more self-centred.

(III) Based on the following scenario, answer the following questions:

<u>Scenario</u>
Jane gave birth to her first child William 6 months ago. She drank heavily when she was pregnant. Jane brought William to the Maternal and Child Health Centre for a routine check-up. William was tested in the following tasks: seeing colourful objects, listening to different sounds and grasping an object. The nurse informed Jane that William's weight was much lower than the mean weight of other babies of his age.

1. Based on Piaget's theory of cognitive development, name the stage of cognitive development of William and identify the features of development in the situation mentioned above.

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2. Apart from weight, suggest TWO other indicators suitable for monitoring the growth of William at this stage.
3. According to Maslow's hierarchy of needs, state the most important need of William at this stage and explain with example(s) how this need could be satisfied
4. Suggest with example(s) how Jane could help William in the development of his cognition
5. State the major services provided by the Maternal and Child Health Centre for children

(IV) The ways in which babies form attachments depend on the care giving behaviour of the parents/caregivers.

1. Describe the care giving behaviour that may lead to the development of secure attachment and ambivalent attachment respectively.
2. State the positive impacts of secure attachment towards the social and psychological developments of babies respectively.

(V) Read the following article and answer the questions:

There is an emergence of 'helicopter parents'. To avoid children being late to schools due to the traffic jams, the parents use helicopters to send their children to schools. Under such over-protection of the helicopter parents, the primary one students are found to be in need of learning how to carry their own school bags, go up and down the stairs independently (as they never take care of themselves), as well as identify the appearance of different kinds of fruit (as they are always served with the fruit cut and peeled). Even the teenagers are only able to wear the Velcro sneakers as they never use the shoelaces.

These over-protected children may develop into the "otaku"(宅男/宅女), i.e. unable to manage stress, easy to give up or withdraw in face of failure and emotional frustration, unable to communicate with others and take care of their lives independently, being obsessive with watching the anime or playing the internet or video games at home...

Besides the interest classes and tutorial classes, parents could consider providing children with lots of learning opportunities in daily lives. For example, in the long summer holiday, they could let their teenage children to prepare lunch and dinner at least once a week. This activity facilitates their children to work independently to complete the tasks from meal planning to shopping, cooking and clearing up...

(Adapted from a Chinese article(「直升機父母」VS「走地孩兒」)from Kenneth Chen, Under Secretary of Education Bureau, in Dec 2009)

- What are the impacts of the parenting of helicopter parents on the physical, intellectual, emotional and social development of the child development?

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(VI)

1. There are three components of self-concept. Besides self-esteem, name the other two:
_____, _____
2. Describe the role of the following socializing agents in building up self-concept:
 - (i) family
 - (ii) school

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