Chapter 7
Middle Childhood
Learning Objectives (1 of 5)

7.1 Identify the changes in physical and sensory development that take place during middle childhood.

7.2 Explain how motor development advances in middle childhood and how these advancements are related to new skills and participation in games and sports.

7.3 Describe the negative effects of both malnutrition and obesity on development, and identify the causes of obesity.

7.4 Explain why rates of illness and injury are relatively low in middle childhood, and why rates of asthma have risen.
Learning Objectives (2 of 5)

7.5 Explain the major cognitive advances that occur during Piaget’s concrete operations stage.

7.6 Describe how attention and memory change from early childhood to middle childhood.

7.7 Describe the methods of conceptualizing and measuring intelligence, and identify genetic and environmental influences on intelligence.

7.8 Identify the advances in vocabulary, grammar, and pragmatics during middle childhood.
Learning Objectives (3 of 5)

7.9 **Explain the consequences for cognitive development of growing up bilingual.**

7.10 **Summarize the variations worldwide in school enrollment, socialization practices, and academic achievement during middle childhood.**

7.11 **Compare and contrast approaches to teaching reading and math skills in middle childhood, and describe the use of peer learning in the classroom.**

7.12 **Identify common disabilities in middle childhood, and explain the education issues surrounding them.**
Learning Objectives (4 of 5)

7.13 Describe the main features of emotional self-regulation and understanding in middle childhood

7.14 Summarize how self-concept and self-esteem change in middle childhood, and identify cultural influences on conceptions of the self

7.15 Describe how beliefs and behavior regarding gender change in middle childhood,

7.16 Explain the distinctive features of family relations in middle childhood, and describe the consequences of parental divorce and remarriage.
Learning Objectives (5 of 5)

7.17 Explain the main basis of friendships in middle childhood, and describe the four categories of peer social status and the dynamics between bullies and victims.

7.18 Describe the kinds of work children do in middle childhood, and explain why work patterns differ between developed and developing countries.

7.19 Summarize the rates of daily TV-watching among children worldwide, and describe the positive and negative effects of television, especially the hazards related to TV violence.
Physical Development
Physical Growth and Sensory Development

• Growth slow and steady
• Boys slightly taller and more muscular
• Lowest body mass index during this time
• Nearsightedness (myopia) rises during middle childhood
Gross Motor Development (1 of 2)

- Advancement occurs in balance, strength, coordination, agility, and reaction time
- Involvement in organized sports increases
- Boys more likely than girls to participate in sports but there are increases occurring worldwide
Gross Motor Development (2 of 2)

- Increased competition with television and computer games
- Socioeconomic status (SES) affects engagement of physical activities
- It is recommended children get 60 minutes a day of activity
Fine Motor Development

• Increased ability in fine motor skills
• Writing improves and becomes smaller and neater
• Fine motor skills will reach adult maturity by end of middle childhood
• Gross motor skills will continue to develop
Figure 7.1  Change in Drawing Abilities from Early to Middle Childhood  Drawings become more realistic as fine motor development advances during middle childhood. Here are drawings from a child at ages 3 (top left), 5 (left), and 7 (top right).
Malnutrition and Obesity (1 of 4)

- Malnutrition a problem even for resilient children
- Guatemalan study found differences in children based on early nutrition
- Sensitive period tends to be second trimester through age 3
Malnutrition and Obesity (2 of 4)

• Developed countries tend to have over nutrition problems
  – Overweight: BMI over 18
  – Obesity: BMI over 21

• Overweight and obesity highest in most affluent regions

• Increase in obesity due to diet, television viewing, and genetics
Malnutrition and Obesity (3 of 4)

- Obesity can lead to social and physical consequences for children
  - Socially can lead to exclusion and ridicule
  - Can lead to later emotional and behavioral problems
Malnutrition and Obesity (4 of 4)

• Physically can result in diabetes and diabetic complications

• Can grow into obese adults with complications as adults

• Public polices are starting to address the problem
Figure 7.2 Childhood Obesity Rates in the United States, by Ethnicity
• Death rates are lower than any other time period

• Developed countries have seen decreases in illness

• Asthma tends to have higher rates in middle childhood with boys at higher risk than girls

• Risk factors include a parent smoking, living in poverty and obesity
Illness and Injuries (2 of 2)

- Possible increases in asthma could be the hygiene hypothesis and increased pollution
- Increase in developing countries could be linked to air pollution
- Most common cause of injury are automobile accidents and bicycle accidents