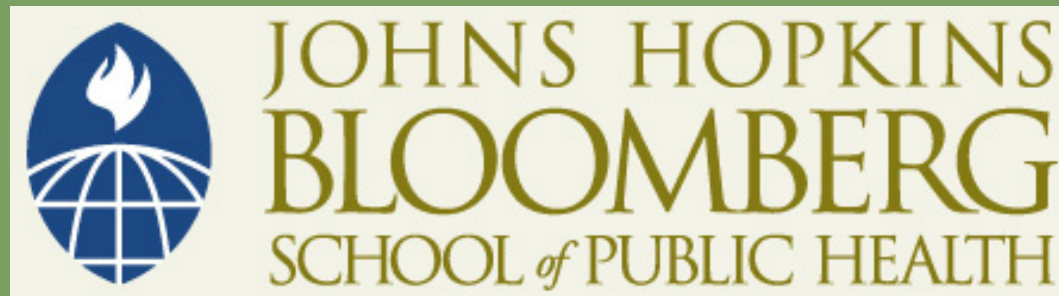


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Section B

Early Emotions and Self-Regulation

Definition of Emotion

- Feeling, or state of mind, generated from one's interaction with biochemical (internal) and/or environmental (external) factors
 - Emotions can have a positive or negative valence
 - Involves physiological arousal, expressive behaviors, and, in some cases, conscious experience

Emotions in Infancy and Early Childhood

■ Basic

- Joy (3 months)
- Sadness (3 months)
- Disgust (3 months)
- Anger (2-6 months)
- Surprise (first 6 months)
- Fear (6-8 months)

■ Self-conscious

- Empathy (1½-2 years)
- Jealousy (1½-2 years)
- Embarrassment (1½-2 years)
- Pride (2½ years)
- Shame (2½ years)
- Guilt (2½ years)

The Function of Early Emotions

- Communicate needs
 - Solicit external response from a caregiver
 - Promotes survival
 - ▶ E.g., [hunger cry](#)
- Relational
 - A way to engage in interactions with others and to understand others' emotions
 - ▶ E.g., [reflexive smile](#) → [social smile](#)
- Energize development and fuel children's behavior

What Is Emotion Self-Regulation?

- Definition: the capacity to control behavioral expression of basic emotions
 - In particular, the expression of negative emotions like anger or fear

Kopp's Developmental Phases of Self-Regulation

- Neurophysiological modulation (birth to 3 months)
- Sensorimotor modulation (3 to 9+ months)
- Control (12 to 18+ months)
- Self-regulation (24+ months)

Neurophysiological Modulation (Birth to 3 Months)

- Modulation of arousal
- State transitioning (e.g., sleep-wake cycle)
- Organized behavior patterns (e.g., thumb or finger sucking)
 - Reflection of central nervous system maturity
 - Transition from intra- to extrauterine regulation
 - Temperamental differences present at birth in reactivity to sensory stimuli

Sensorimotor Modulation (3 to 9+ Months)

- Increased volitional regulatory behavior
- Parallels achievement of motor milestones
 - Reaching, grasping, locomotion
- Awareness of contingent behavior

Control (12 to 18+ Months)

- Emerging ability to show awareness and compliance with social or task demands

- Self-initiated monitoring of behavior
 - Physical acts
 - ▶ E.g., walking and exploration
 - Communication
 - ▶ E.g., reciprocal interaction
 - Emotional signals
 - ▶ E.g., behavioral inhibition

Self-Regulation (24+ months)

- Increased flexibility in adapting behavior to meet situational demands
- Newfound, but varying, capacity for delay and waiting
- Self-awareness develops
 - Self vs. other
- Gestural communication expands
 - Intent, desires, refusals, sharing, etc.

How Do We Measure Regulatory Behaviors?

- Regulation behaviors
 - Attention: orienting, looking to the parent
 - Self-soothing: thumb sucking
 - Communication: requests, gestures
 - Avoidance: turn away

- We can observe these behaviors during situations that are emotionally challenging
 - Novel
 - ▶ Stranger approach
 - Fear-eliciting
 - ▶ Masks
 - Frustration-eliciting
 - ▶ Toy removal, delay of gratification