



Refelction / Darpan



Here is a small interaction between two friends.

Anu was walking slowly towards school. On her way she met her classmate shalini.

Shalini : “You look sad! What happened?”

Anu : “Nothing much... I did not get selected in the drama group. I am not in a great mood.”

Shalini : “ Oh! that must be so disappointing!” I too feel sad or disappointed when such things happen to me.”

Anu : “You do? Then what do you do?”

Shalini : “Well I talk it out. Would you like to talk about it?”

Anu : “Yes!!”

They both walk along to school. Anu shares her disappointment with Shalini.

Anu is feeling better now and there is a spring in her step.

- 1) What skills did Shalini show?
- 2) How was Anu feeling before and after talking to her friend.

Reflection / Darpan



1. Name any 3 people whom you are close to?
2. Who are your best friends?
3. Which are the people you admire the most?
4. With whom do you like to share your secrets?
5. Which friends do you hang out with more often?
6. Whom will you approach for help in project or studies?
7. Which activities do you like to perform individually and in a group?
8. Do you initiate activities as a leader?
9. Do you like to follow others in different activities?
10. Do you accept changes easily?

Answers to these questions will give you an understanding of your social skills and interactions with others.

Social interactions are an important component of nearly every aspect of our lives. The development of skills necessary to form positive and lasting social interactions begins in infancy and continues to evolve as an individual grows and develops. Skills such as trust, empathy for others, cooperation, channelling of emotions (e.g., joy, anger, sadness, frustration) develop throughout childhood. The skills needed for social interaction develop naturally for most children. A child's ability to interact in a healthy way with the people around her / him impacts everything right from learning new words as a toddler, to being able to resist peer pressure, to successfully navigate the challenges as an adult. Healthy social development is an important aspect of an infant's healthy growth and development.

9.1 Concept of Social Development and Socialization :

Social development refers to the process by which a child learns to interact with others around them. Social development begins from home. Infants first come in contact with their mother and gradually with others as they grow. As they develop and perceive their own individuality within their community, they also gain skills to communicate with other people and process their actions. The definitions given below will throw more light on the meaning of Social Development.

1. According to Hurlock, "Ability to behave according to social expectations means Social Development."
2. According to Freeman, "Social development is maturity in social relationship."

Both the definitions have common points as follows

- Healthy social relationships are important.
- Communication is the base of healthy relationships
- Maturity in social relationships means behaving according to social expectations, learning to share, effective communication, establishing rapport, taking turns.

The area of Social development involves learning to interact with other people and to understand and manage our own emotions. Babies start to develop relationships with the people around them right from birth, but the process of learning to communicate, share, and interact with others takes time to develop.

Process of Socialization

Socialization is the process by which an individual acquires the skills necessary to fulfil the expectations of the society. This process continues throughout an individual's life. During socialization, we learn the language of the culture we are born into, as well as the roles we are to play in life.



Fig. 9.1 Socialization

Table 9.1 : Milestones of Socialization :

Sr. No.	Age in Months	Milestones of Socialization
1	Birth to 3 Months	• Develops a social smile • Imitates movements and facial expressions • Makes eye contact • Shows excitement as parent prepares to feed • Recognizes mother
2	3 to 6 Months	• Recognizes familiar people and self • Makes vocal sounds when happy • Attempts to say words • Laughs when tickled or amused • Responds to name being called • Becomes upset when needs are not met • Responds to voices • Show wariness of strangers, may become upset when parent leaves the room • Happy to see faces they know • Enjoy social play
3	6 to 12 Months	• Stranger Anxiety and Separation Anxiety • Raises arms to be picked up • Shows specific preferences for people and toys • Repeats sound or gestures for attention • Actively seeks to be near , physically close to parent • Offers toy to adult but does not release it • Actively explores and plays when parent is present • Aware of verbal praise • Enjoys familiarity of routines • Understand object permanence • Plays games such as “peek a boo” • Gives and receives cuddles and affection

9.2 Social Smile, Social Referencing And Cueing :

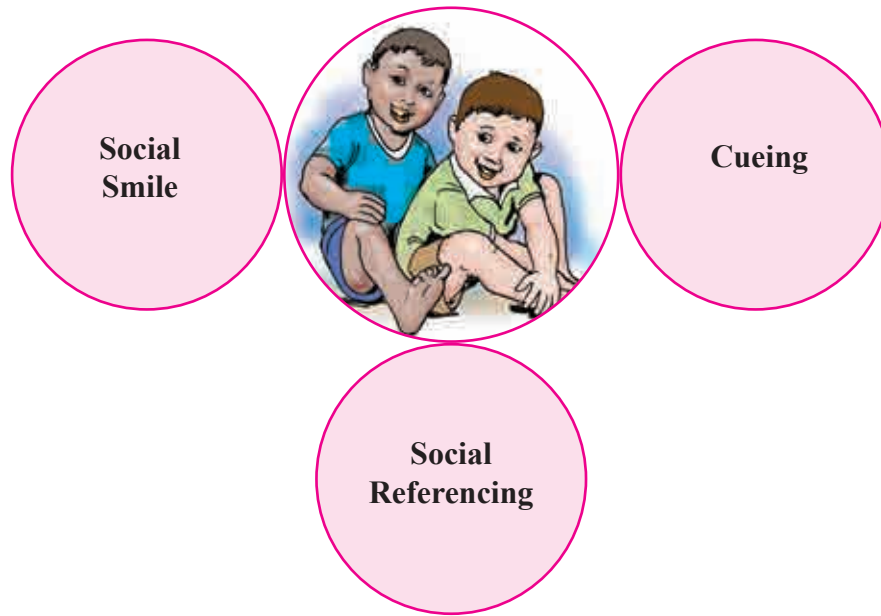


Fig. 9.2 Social Smile, Social Referencing and Cueing

Social Smile :

Babies develop a “social smile” -- an intentional gesture of warmth. It is an important milestone. A social smile is reciprocal, meaning baby smiles in response to someone else’s smile. It is not a spontaneous smile. A social smile also boosts bonding.

Here is what a baby’s smile means at this stage:

- Baby is growing up and starting to figure out human behaviour.
- Realizes that smiling back gets adult’s attention.
- The baby’s brain development is advancing and communication skills are also developing.



Fig. 9.3 Social Smile

- It indicates their ability to see and respond to the expressions of the mother or caregiver.

Social referencing

Social referencing is a process in which the infant takes cues from other people in the environment about which emotions are appropriate in a certain context or situation. They emulate the action and behaviour of the adult or caregiver.



Fig. 9.4 Social referencing

An infant's behaviour toward the situation is then, a response to parent's or caregiver's reaction. When a young child falls, he or she will react looking at the expression of the parent/caregiver. Caring and providing comfort to the child are the primary elements responsible for development of attachment. This attachment helps the infant in social referencing.

Various researches point out to the fact that infants are likely to respond almost immediately to parent's negative reaction as opposed to the positive ones.

e.g. If a child sees a fearful expression on his mother's face as he reaches to touch something, he will be less likely to touch it. If the child sees an approving or excited look, he will be more likely to go ahead and touch the object. Hence social referencing assists in regulating emotions and behaviour.

Activity :

Try it out

1. Make a gesture of shaking your head or with your tone to indicate scolding or anger and note the expression of the baby.
2. Show different facial expressions and see the response of the infant
 - **Smile**
 - **Frown**
 - **When baby is reaching out to you.**

Cueing

- A social cue can either be a verbal or non-verbal signal, which can be positive or negative.
- These cues guide the infants' social interactions with people.
- An infant uses social cues in order to comprehend and learn about his / her surroundings.
- Children look for social cues. Infants use the verbal and nonverbal cues of others to guide their behaviour. Vocal cues and gestures are seen as more effective than other types of cues.



Fig. 9.5 Cueing

Activity :

Can you now differentiate between social referencing and cueing?

Write at least 2 points of difference

Social cues include :

Facial expression, tone of voice, body language, posture, gestures and proximity. These cues often dictate how well each interaction goes and how individuals feel about the said interactions.

Facial expressions : Infants watch the eyes, smile or frown on the face of the parent / caregiver and get an idea whether to respond positively or negatively to the situation.

Body language and body posture :

When the adult isn't looking at the child or their body is turned away from the child he / she interprets that they are not paying attention or the adult isn't interested.

Gestures :

When the infant or child is asked to sleep which is followed with the gentle patting and rocking they can understand the meaning of the word 'sleep'

Proximity :

When infant is held close to the parent caregiver they feel secure and safe .

Voice Tone and Pitch :

The mood and emotion of the parent/ caregiver can be sensed through their voice.

Activity :**Observe an infant's body language and try to interpret what they indicate**

- Clenched fist
- Arched back
- Grabbing ears
- Squirming
- Vocalizing

It is important to know the role of family and society in ensuring an emotionally stable and socially mature child.

9.3 Role of Family and Society in Social development :

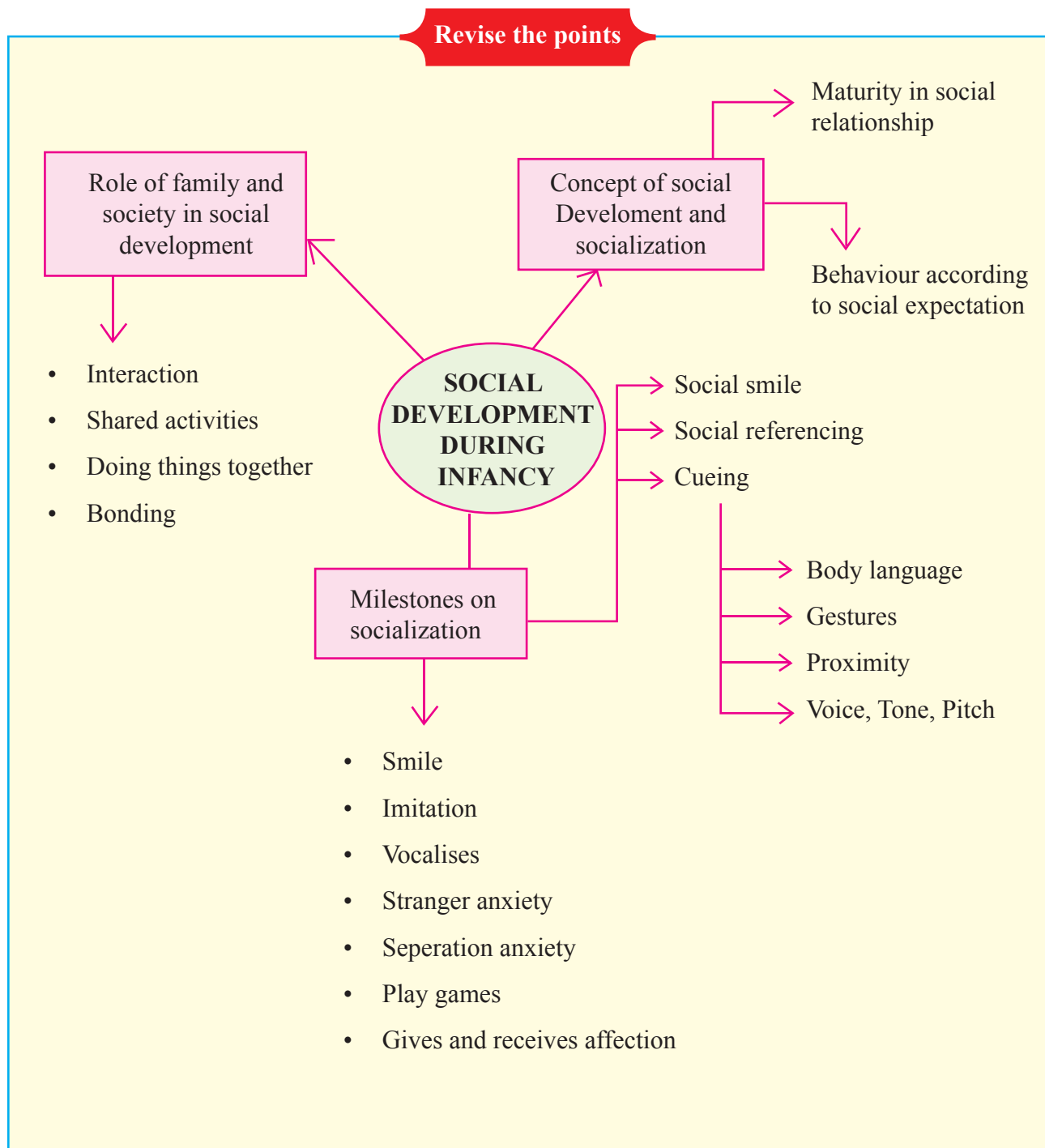
Family is usually considered to be the most important agent of socialization. Infants are completely dependent on others to survive. Parents are responsible for teaching them to function and care for themselves. They, along with the rest of the family, teach about close

relationships, group life, and how to share resources. Additionally, parents are providers of first system of values, norms, and beliefs.

Sometimes children learn by being told something directly. However, the most common way children learn is by observation of everyday life. As the family is the child's primary social group socialization of the child is most influenced by the family. Children begin to develop social skills first from their relationships and interactions with family members.

They develop skills in communication, collaboration and cooperation by :

- Interaction with different members of the family
- Observing parents and siblings
- When Families treat each other with respect and love
- Enjoying activities together and sharing meals at the dinner table,
- Doing things together as a family
- Promoting family bonding which enhances emotional development in children.





Exercise

Q. 1. Select and write the most appropriate word from given the alternatives.

1. Healthy relationships are maintained because of
a) shaking hands b) communication
c) language development
2. A child learning to interact with others around him / her it is referred to as
a) emotional development b) growth and development c) social development

3. The positive emotional bond formed between an infant and a primary caregiver is.....
a) stress b) attachment
c) anxiety
4. Taking emotional cues from other people is called
a) social referencing b) social cuing
c) language
5. In unfamiliar situations, children look for
a) social cues b) trust
c) love

Q. 2. Match the pairs.

A	B
1. 0 to 3 Months	a. Verbal cue
2. 3 to 6 Months	b. Develops separation anxiety
3. 6 to 12 Months	c. Role of family
	d. Develops a social smile

Q. 3. Name the milestones of socialization as per the age of infant.

Age in Months	Milestones of Socialization
Birth to 3 months	
3 to 6 months	
6 to 12 months	

Q. 4. Answer the following questions.

1. What is social smile?
2. What is the role of family in social development?

Q. 6. Write short notes

1. Social development
2. Social referencing
3. Cueing
4. Role of family in social development

Q. 5. Explain the following terms

1. Social referencing
2. Social smile
3. Cueing

Q.7. Write the answer in detail

1. Explain in detail about social referencing and cueing with examples?

Project / Self study

- Make a list of activities that can enhance socialization skills in children. For eg. Taking children to the garden, having a family get together.

