

Sixth Edition

# HUMAN DEVELOPMENT

Diane E. Papalia  
Sally Wendkos Olds





SIXTH EDITION

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# HUMAN DEVELOPMENT

DIANE E. PAPALIA  
SALLY WENDKOS OLDS

McGRAW-HILL, INC.

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## HUMAN DEVELOPMENT

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This book is printed on acid-free paper.

2 3 4 5 6 7 8 9 0 VNH VNH 9 0 9 8 7 6 5

ISBN 0-07-048760-X

Library of Congress Cataloging-in-Publication Data

Papalia, Diane E.

Human development / Diane E. Papalia, Sally Wendkos Olds.—6th ed.

p. cm.

Includes bibliographical references and indexes.

ISBN 0-07-048760-X

1. Developmental psychology. 2. Developmental psychobiology. I. Olds, Sally Wendkos. II. Title. BF713.P35 1995 94-7636 155—dc20

This book was set in Palatino by York Graphic Services, Inc. The editors were Jane Vaicunas and James R. Belser; the designer was Joan E. O'Connor; the production supervisor was Leroy A. Young. The photo editor was Inge King. The permissions editor was Barbara Hale. Von Hoffmann Press, Inc., was printer and binder.

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# ABOUT THE AUTHORS

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As a professor, **Diane E. Papalia** has taught thousands of undergraduates at the University of Wisconsin. She received her bachelor's degree, majoring in psychology, from Vassar College, and both her master's degree in child development and family relations and her Ph.D. in lifespan developmental psychology from West Virginia University. She has published numerous articles in such professional journals as *Human Development*, *The International Journal of Aging and Human Development*, *Sex Roles*, *The Journal of Experimental Child Psychology*, and *The Journal of Gerontology*. Most of these papers have dealt with her major research focus, cognitive development from childhood through old age. She is especially interested in intelligence in old age and in factors that contribute to the maintenance of intellectual functioning in late adulthood. She is a Fellow in the Gerontological Society of America.

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**Sally Wendkos Olds** is an award-winning professional writer who has written more than 200 articles in leading magazines and is the author or coauthor of six books addressed to general readers, in addition to the three textbooks she has coauthored with Dr. Papalia. Her book *The Complete Book of Breastfeeding*, a classic since its publication in 1972, has been issued in a completely updated and expanded edition. She is also the author of *The Working Parents' Survival Guide* and *The Eternal Garden: Seasons of Our Sexuality*, and the coauthor of *Raising a Hyperactive Child* (winner of The Family Service Association of America National Media Award) and *Helping Your Child Find Values to Live By*. She received her bachelor's degree from the University of Pennsylvania, where she majored in English literature and minored in psychology. She was elected to Phi Beta Kappa and was graduated summa cum laude.



To our husbands,  
Jonathan L. Finlay  
and  
David Mark Olds  
—our loved and loving partners  
in growth and development



# PREFACE

**I**n the preface to the previous five editions of *Human Development*, we spoke of change as a principle that governs all our lives. As we said then, people change, grow, and develop throughout life. We, the authors, have known many changes in our own lives since we began writing together back in 1973. Our life experiences, as much as our professional backgrounds (which are detailed in the section “About the Authors” on page v), have enabled us to become more sensitive to a number of the issues covered in this book.

When we first launched our collaboration—and our eventual friendship—with the first edition of *A Child's World*, our textbook about child development, Diane Papalia was a single, childless assistant professor at the University of Wisconsin in Madison. Sally Olds, a professional writer, was a married mother of three children—one in high school, one in junior high, and one in elementary school. Both parents of both authors were living, and we dedicated our first textbook to them.

Since then, as both of us have moved from young adulthood into midlife, our lives have changed in many ways. Diane took on more academic responsibilities as she became first an associate professor, then a dean, then a full professor. Her personal life changed dramatically when she married, moved to California, and came back to Wisconsin where she and her husband adopted a baby girl. Since then other career changes took her and her family to New York City, where they now live. Meanwhile, Sally's children grew up, went to college, chose careers, and left the nest; her husband retired; she knew the grief of mourning first her father and then her mother; and then she knew the joy of celebrating the marriages of two daughters and the births of three grandchildren.

As we and our lives have changed, this book has reflected some of what we have learned along the way. This sixth edition still retains much of the flavor of earlier editions, especially in its emphasis on the interrelationships among the different stages of the life span and among

the physical, intellectual, social, and personality influences on development. There are, however, a number of differences. The changes in this revision continue to represent growth and development in our own thinking, as we present human development from the moment of conception until that moment at the other end of the life span when death ends the continuing process.

## OUR AIMS FOR THIS EDITION

The goal of this sixth edition is the same as that of the first five—to emphasize the continuity of development throughout the life span, to show how experiences at one time of life affect future development, and to understand the influences upon people from their genes, their families, and the world they live in. We are still looking at the findings of scientific research and the theories of social scientists. We are still applying these to our understanding of humankind. And we are still asking the same basic questions: What influences have made people living in the final decades of the twentieth century the way they are? What factors are likely to affect all of us in the future? How much control do people have over their lives? How are people like each other? How is each person unique? What is normal? What is cause for concern?

We are also asking some new questions and coming up with some new answers. This revision continues to update the literature, as we discuss new research and new theories, a number of which have been published in the decade of the 1990s. We continue to synthesize research findings and to help students interpret them and think critically about controversial issues. Our continuing work on two other college textbooks, *A Child's World* (for courses in child development) and *Psychology* (for introductory courses), has helped us refine and sharpen our thinking about life-span development. The changes in this revision, then, represent growth and development in our own ideas.

## THE SIXTH EDITION

### ORGANIZATION

There are two major approaches to writing about and teaching human development—the *chronolog-*

*ical approach* (looking at the functioning of all aspects of development at different stages of life, such as infancy or late adulthood) and the *topical approach* (tracing one aspect of development at a time). We have chosen the *chronological* approach, which provides a sense of the multifaceted sweep of human development, as we get to know first the infant and toddler, then the young child, the schoolchild, the adolescent, the young adult, the adult at midlife, and the person in late adulthood. As we discuss the ages and stages of human beings, we provide evenhanded treatment of *all* periods of the life span; we have taken special pains not to overemphasize some and slight others.

In line with our chronological approach, we have divided this book into eight parts. After the Introduction (Part One), we discuss the physical, the intellectual, and the social and personality development for the life-span stages presented above. Readers who prefer a *topical* approach may read the book in this order: Chapters 1, 2, and 3 (general theories and issues and prenatal and early physical development); the first sections of Chapters 6, 8, 10, 12, 14, and 16 (physical development); the second sections of these chapters, plus Chapter 4 (intellectual functioning); then Chapters 5, 7, 9, 11, 13, 15, and 17 (social and personality development); and end the book with Chapter 18 (death and bereavement).

### CONTENT

This new edition continues to provide comprehensive coverage of development from the crucial prenatal period through late adulthood. Full descriptions of each age period draw on the most up-to-date information available about physical, intellectual, and social and personality development. The text integrates theoretical, research-related, and practical concerns pertaining to every stage of the life span, reflecting our belief that all stages of life are important, challenging, and full of opportunities for growth and change.

As in the previous edition, we communicate a major personal involvement with the issues we have discussed. The book presents many personal examples from the authors' own lives, which relate to the material and personalize it. The most dramatic example is the story of how Anna (Diane Papalia's daughter) develops a proficiency with language, which serves as a springboard for the discussion of many developmental issues.



While we have retained the scope, emphasis, and level of previous editions of *Human Development*, we have made a number of significant changes in this sixth edition.

- Our *photo program* has evolved with an even greater commitment than ever before to diversity—in ethnicity, race, age, gender, and ability (or disability). We have carefully chosen our illustrations to be teaching tools—of points in the text and of the demographic diversity in the population, in the United States and in other countries around the world.
- We have added a *Resource Guide*, so that interested readers can seek information and help with regard to various conditions discussed in the book.
- As in previous editions, we have *updated the text* whenever new findings or interpretations have been available, reorganized some material to make it more effective, and added completely new sections. We have added tables and figures and updated statistics.

Among the important changes are the following:

- *New sections:* Jean Baker Miller's self-in-relation theory, genetic testing, advantages and drawbacks of circumcision, theories of mind, encouraging healthy eating and sleeping habits, bilingualism and bilingual education, imaginary playmates, female genital mutilation, ethnic factors in identity formation, menopause in Japanese women, and the importance of free radicals in the physiology of aging.
- *Important revisions:* Discussions of prenatal hazards and their effects on fetal development; the effects of day care on children's development; Freudian theory (all now contained in Chapter 1); prenatal diagnosis of various conditions; the impact of AIDS on children, adolescents, and adults; the development of the self-concept; women's development in adulthood; children's reactions to death; and cross-cultural attitudes toward death.

## SPECIAL FEATURES IN THIS EDITION

This edition of *Human Development* includes four kinds of boxed material:

- "*Window on the World*" boxes appear in every chapter of the book. These give readers glimpses

of human development in societies other than our own, showing that people grow up, live, and thrive in many different kinds of cultures, under many different influences. These discussions treat such issues as cross-cultural differences in acquiring physical, intellectual, and social skills; education and learning styles; child care for working parents; family ecologies of children from ethnic minority groups; and marriage and divorce patterns.

- "*Practically Speaking*" boxes build bridges between academic study and everyday life by showing ways to apply research findings on various aspects of human development. They cover such topics as talking with babies; helping children make friends, do well in school, and cope with being on their own without adult supervision; enhancing marriage in midlife; visiting people in nursing homes; helping potential suicides; easing the lives of older adults; and evoking life review memories.
- "*Food for Thought*" boxes explore important research issues. Some of these include discussions of what the babbling of hearing-impaired babies tells us about language development; the transition to junior high or high school; gender differences in moral and personality development; how job and family roles affect men's psychological well-being; and moral leadership in middle and late adulthood.
- "*Take a Stand*" boxes have been added to each part, to encourage critical thinking about controversial issues. These boxes include discussions about genetic testing, circumcision, part-time work for teenagers, whether personality changes in middle age, and the use of anencephalic babies as organ donors.

## LEARNING AIDS

We also continue to provide a number of basic teaching aids, including:

- *Part overviews:* At the beginning of each part, an overview provides the rationale for the chapters that follow.
- *Chapter-opening outlines:* At the beginning of each chapter, an outline clearly previews the major topics included in the chapter.
- "*Ask Yourself*" questions: At the beginning of each chapter, a few key questions highlight the most important issues addressed in the chapter.



- **Key terms:** Whenever an important new term is introduced in the text, it is highlighted in **bold-face italic** and defined, both in the text and in the end-of-book Glossary.
- **End-of-chapter lists of key terms:** At the end of every chapter, key terms are listed in the order in which they first appear and cross-referenced to pages where they are defined.
- **End-of-book glossary:** The extensive glossary at the back of the book repeats the definitions of key terms and indicates the pages on which they first appear.
- **Chapter summaries:** At the end of every chapter, a series of brief statements, organized by the major topics in the chapter, clearly restate the most important points.
- **Bibliography:** A complete listing of references enables students to evaluate the sources of major statements of fact or theory.
- **Recommended readings:** Annotated lists of readings (classic works or lively contemporary treatments) are provided for students who want to explore issues in greater depth than is possible within these covers.
- **Index:** Separate indexes, by subject and by author, appear at the end of the book.
- **Illustrations:** Many points in the text are underscored pictorially through carefully selected drawings, graphs, and photographs. The illustration program includes new figures and many full-color photographs.

## SUPPLEMENTARY MATERIALS

*Human Development*, Sixth Edition, is accompanied by a complete learning and teaching package. Each component of this package has been thoroughly revised and expanded to include important new course material. The package consists of a *Student Study Guide with Readings* by Thomas Crandell of Broome Community College and George Bieger of Indiana University of Pennsylvania; an *Instructor's Manual* by Thomas Crandell; and a *Test Bank* by Thomas Moye of Coe College. Computerized versions of the Study Guide and Test Bank are available for IBM and Macintosh computers. The *Human Development* supplements package also includes a newly revised set of full-color overhead transparencies.

In addition, the text will be supplemented regularly by a newsletter for adopters. The *Human Development* newsletter will highlight recent re-

search and current issues related to the themes of the text—including cultural diversity issues within the United States and around the world.

## ACKNOWLEDGMENTS

We would like to express our gratitude to the many friends and colleagues who, through their work and their interest, helped us clarify our thinking about human development. We are especially grateful for the valuable help given by those who reviewed the fifth edition of *Human Development* and the manuscript drafts of this sixth edition, whose evaluations and suggestions helped greatly in the preparation of this new edition. These reviewers, who are affiliated with both two- and four-year institutions, are as follows: David Bailey, Community College of Allegheny County; James A. Blackburn, University of Wisconsin–Milwaukee; Doris A. Blazer, Furman University; Martha B. Boston, Neumann College; Kyle Ann Campos, Des Moines Area Community College; Richard C. Carney, Community College of Allegheny County; Andrea Chen, State University of New York–Binghamton; David B. Conner, Northeast Missouri State University; Cynthia A. Edwards, Meredith College; Juanita L. Garcia, University of South Florida; Eulalio G. Gonzalez, Lorain County Community College; Vernon Haynes, Youngstown State University; Janice H. Kennedy, Georgia Southern University; Wendy Kliever, Virginia Commonwealth University; Anita R. McLeod, Anderson College; Karen Macrae, University of South Carolina–Spartanburg; John M. Nash, Worcester State College; Leslee K. Pollina, Southeast Missouri State University; D. Kim Sawrey, University of North Carolina at Wilmington; Cynthia Scheibe, Ithaca College; Joe M. Tinnin, Richland College; Alvin Y. Wang, University of Central Florida; and Martha S. Zlokovich, Southeast Missouri State University.

We appreciate the strong support we have had from our publisher and would like to express our special thanks to Jane Vaicunas, editorial sponsor of this book; to our conscientious production editor, James R. Belser; and to Beth Kaufman, who helped in innumerable ways. Inge King, photo editor of all six editions of *Human Development*, again used her sensitivity, her interest, and her good eye to find outstanding photographs. Joan O'Connor and the artists working with her produced a cre-

ative, unique cover and book design noteworthy for esthetics, as well as the rendering of concepts. Kim Gelé provided valuable help with the glos-

sary, bibliography, suggested readings, and resource sections; and Dorri Olds conceived graphic representation of some information.

Diane E. Papalia  
Sally Wendkos Olds

Diane E. Papalia and Sally Wendkos Olds are the coauthors of *A Child's World* (in press for its seventh edition) and *Psychology* (in its second edition).



# RESOURCES

**T**hroughout this book we discuss many medical and psychological issues and disorders that affect health and well-being. You may want more detailed information on specific conditions, for either academic or personal reasons. To help in the search for further details, we have included the following listing. It provides the names of organizations that offer information, counseling, or other help for some of the specific conditions mentioned in this book. It is, of course, not all-inclusive. Many organizations exist in addition to the ones listed here.

Some of these agencies are public, some private. Some distribute literature or offer counseling directly. Others, including those listed

here for which only a telephone number is given, provide referrals to local resources.

If a topic in which you are interested is not included, look in your local telephone directory (in the yellow pages, under "Associations," "Social Service Organizations," or "Human Services Organizations") or in the *Encyclopedia of Associations* in the reference room of your local library. Or ask the library's reference librarian.

Telephone numbers and addresses listed here are subject to change or disconnection without notice. To obtain information about toll-free numbers, dial 1-800-555-1212.

## ALCOHOL AND DRUG INFORMATION AND TREATMENT

### **Al-Anon Family Group Headquarters**

200 Park Avenue, Room 814  
New York, NY 10003  
800-356-9996

Local phone numbers can be obtained from local AA chapter or telephone directory.

Offers information and help to family and friends of people with drinking and drug problems.

### **Alcoholics Anonymous World Services**

475 Riverside Drive  
New York, NY 10115  
212-870-3400

Local phone numbers are given in the white pages of telephone directories of communities around the world.

The largest and most successful organization in the world for recovery from alcoholism, through meetings and peer support. All services are free.

### **Center for Substance Abuse and Treatment**

1-800-662-HELP

A 24-hour hotline sponsored by the federal government and affiliated with the National Institute of Drug Abuse.

### **Hazelden Educational Materials**

Pleasant Valley Road  
Box 176  
Center City, MN 55012-0176  
1-800-328-9000

Nonprofit organization which publishes and sells a wide range of books, pamphlets, and video and audio cassettes about chemical dependency, both for users and those close to them. Free catalog.

### **National Clearinghouse for Alcohol and Drug Information**

P.O. Box 2345  
Rockville, MD 20847  
301-468-2600

Government-sponsored source of literature.

## BIRTH DEFECTS AND DISEASES

### **National Down Syndrome Society**

666 Broadway, Room 810  
New York, NY 10012  
212-460-9330

Gives information about parent support groups, publications, and special programs.

### **National Muscular Dystrophy Association**

3300 East Sunrise Drive  
Tucson, AZ 85718  
602-529-2000

Supplies general information about the disease and services offered.

### **National Multiple Sclerosis Society**

733 Third Avenue  
New York, NY 10017  
212-986-3240

Gives information about research and treatment.

### **Spina Bifida Information and Referral**

4590 MacArthur Boulevard NW, Suite 250  
Washington, DC 20007  
800-621-3141

Provides general information and referrals.

## DEATH AND DYING

### **Choice in Dying**

200 Varick Street  
New York, NY 10014  
212-366-5540

A national nonprofit organization that advocates the rights of dying patients through professional and public education. Choice in Dying distributes, free of charge, state-specific forms for medical power of attorney or executing a living will.

## CANCER

### **American Cancer Society**

1599 Clifton Road NE  
Atlanta, GA 30329  
800-ACS-2345

For free information on almost any concern about cancer, this number will aid you in finding local resources.

### **National Cancer Institute**

Building 31, Room 10-A-24  
9000 Rockville Pike  
Bethesda, MD 20892  
800-4-CANCER

Persons at this number will answer cancer-related questions in addition to providing free information on cancer prevention.

## CHILD ABUSE AND ADVOCACY

### **Child Help USA**

P.O. Box 630  
Hollywood, CA 90028  
800-422-4453

A 24-hour hotline providing crisis intervention, information, and referral for anyone concerned about child abuse.



**Children's Defense Fund**

25 E Street NW  
Washington, DC 20001  
800-CDF-1200

Provides information and resources on a wide range of issues concerning children.

## EDUCATION AND CHILD CARE

**ChildCare Action Campaign**

330 Seventh Avenue, 17th floor  
New York, NY 10001  
212-239-0138

This national coalition of leaders from various institutions and organizations serves as an advocacy group offering information on many aspects of child care through individual information sheets, a bimonthly newsletter, and audio training tapes for family day care providers.

**National Association for Bilingual Education**

1220 L Street NW, Suite 605  
Washington, DC 20005-4018  
202-898-1829

A nationwide advocacy organization that promotes equal opportunity for language-minority students and academic excellence for all students.

**National Association for the Education of Young Children**

1509 16th Street NW  
Washington, DC 20036-1426  
800-424-2460

This professional association accredits child-care centers and preschools around the country, holds regional and national meetings, and distributes publications for both professionals and parents.

**National Black Child Development Institute**

1023 15th Street NW, Suite 600  
Washington, DC 20005  
202-387-1281

This national nonprofit organization focuses on child care, health, education, and welfare. It holds conferences, conducts tutorial programs, and helps homeless children find adoptive families.

## FAMILY SUPPORT

**Family Resource Coalition**

200 South Michigan Avenue, Suite 1520  
Chicago, IL 60604  
312-341-0900

Provides information on support groups nationwide, offering a broad array of services.

**National Coalition of Grandparents**

137 Larkin Street  
Madison, WI 53705  
608-238-8751

A nationwide consortium of groups and individuals concerned with grandparents and children. A source of information, support, and attorney referrals.

**Well Spouse Foundation**

P.O. Box 801  
New York, NY 10023  
212-724-5209

Provides information and support for husbands and wives who are caring for a terminally ill spouse.

## GENERAL HEALTH

**Melpomene Institute for Women's Health Research**

1010 University Avenue  
St. Paul, MN 55104  
612-642-1951

Researches and publishes information on issues affecting physically active girls and women.

**National Health Information Clearinghouse**

U.S. Office of Disease Prevention and Health Promotion  
P.O. Box 1133  
Washington, DC 20013-1133  
800-336-4797

Government service answering almost any health-related concern.

**National Women's Health Network**

1325 G Street NW  
Washington, DC 20005  
202-347-1140

A source of extensive information about women's health topics and related legislation.

## INFANT MORTALITY

**Compassionate Friends, Inc.**

P.O. Box 3696  
Oak Brook, IL 60522-3696  
708-990-0010

Offers support to bereaved parents and siblings of infants and older children through 660 chapters in the United States.

**National Sudden Infant Death Syndrome Clearinghouse**

8201 Greensboro Drive, Suite 600  
McLean, VA 22102  
703-821-8955

Provides resources and information.

## MEDICAL HELP

### **American Trauma Society**

8903 Presidential Parkway, Suite 512

Upper Marlboro, MD 20772-2656

1-800-556-7890

Offers literature on accident prevention.

### **Orton Dyslexia Society**

P.O. Box 9888

Baltimore, MD 21284

800-222-3123

Provides information about reading and writing disorders.

## MENTAL HEALTH

### **National Institute of Mental Health**

Public Inquiries Branch

5600 Fishers Lane, Room 7C02

Rockville, MD 20857

310-443-4513

Federally sponsored agency which answers questions about depression and other psychological disorders.

## MISSING AND RUNAWAY CHILDREN

### **Child Find**

P.O. Box 277

New Paltz, NY 12561

800-I AM LOST

Hotline to report disappearances or sightings.

### **National Center for Missing and Exploited Children**

2101 Wilson Boulevard, Suite 550

Arlington, VA 22201

Hotline to report disappearances or sightings.

### **National Runaway Switchboard**

3080 North Lincoln Avenue

Chicago, IL 60657

800-621-4000

Confidential crisis intervention and referral for runaway homeless youth and their families, and youth in crisis throughout the country.

## PREGNANCY AND CHILDBIRTH

### **American Society for Psychoprophylaxis in Obstetrics/Lamaze**

1101 Connecticut Avenue NW, Suite 700

Washington, DC 20036

800-368-4404

Makes referrals to local Lamaze instructors, which help prospective parents prepare for childbirth and infant care.

### **International Childbirth Education Association**

P.O. Box 20048

Minneapolis, MN 55420

800-624-4934

Offers a free catalog of materials on pregnancy, childbirth, and child care.

## SELF-HELP

### **American Self-Help Clearinghouse**

St. Clares-Riverside Medical Center

Denville, NJ 07834

201-625-7101

Provides information and contacts for self-help groups nationwide. Will also assist you in starting a self-help group in your area.

## SEXUALLY TRANSMITTED DISEASES AND AIDS

### **American Foundation for the Prevention of Venereal Disease**

799 Broadway, Suite 638

New York, NY 10003

212-759-2069

Publishes a booklet and other educational materials on sexually transmitted diseases.

### **AIDS Hotline**

800-342-AIDS

Run by the Centers for Disease Control, this 24-hour hotline provides basic information on AIDS, HIV testing, prevention, and referral to treatment centers.

### **National AIDS Clearinghouse**

Box 60003

Rockville, MD 20849-6003

800-458-5231

Resources and free publications; a service of the Centers for Disease Control.

### **VD/STD National Hotline**

800-227-8922

Provides basic information on sexually transmitted diseases, as well as referrals to free or low-cost clinics in your area.

## SPEECH AND HEARING

### **National Center for Stuttering**

200 East 33rd Street

New York, NY 10016

800-221-2483

212-532-1460 (in New York)

Provides information and literature on treatment programs.





# HUMAN DEVELOPMENT



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