The Developmental Journey of Pregnancy

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Objectives

Gain an understanding of the developmental tasks of pregnancy

Identify the impact of social determinants of health on pregnancy and parenting
Erik Erikson’s Stages of Psychosocial Development

Erik Erikson

Adolescents: Identity vs. Confusion
Young Adults: Intimacy vs. Isolation
Erik Erikson

Identity:

- Daughter
- Granddaughter
- Sister
- Cousin
- Niece
- Friend
- Girlfriend
- Wife

MOTHER
# Piaget’s Periods of Cognitive Development

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Stage</th>
<th>Cognitive Development</th>
<th>Examples</th>
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</thead>
<tbody>
<tr>
<td>Birth to 2 years</td>
<td>Sensorimotor</td>
<td>Uses senses and motor skills, items known by use</td>
<td>Object permanence learned</td>
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<tr>
<td>2-6 yrs</td>
<td>Pre-operational</td>
<td>Symbolic thinking, language used; egocentric thinking</td>
<td>Imagination/experience grow, child de-centers</td>
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<tr>
<td>7-11 yrs</td>
<td>Concrete operational</td>
<td>Logic applied, has objective/rational interpretations</td>
<td>Conservation, numbers, ideas, classifications</td>
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<tr>
<td>12 yrs to adulthood</td>
<td>Formal operational</td>
<td>Thinks abstractly, hypothetical ideas (broader issues)</td>
<td>Ethics, politics, social/moral issues explored</td>
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</tbody>
</table>
Jean Piaget

The Formal Operational Stage
John Bowlby’s Attachment Theory

https://www.simplypsychology.org/bowlby.html
Social-emotional development and attachment
Pregnancy is a period of major psychological and social change. It is stressful for both women and men.
Challenges in the Developmental Journey of Pregnancy

Adolescence

Substance Misuse

Lack of Basic Needs
Challenges in the Developmental Journey of Pregnancy

Adolescence
Challenges in the Developmental Journey of Pregnancy

Substance Misuse
Challenges in the Developmental Journey of Pregnancy

Basic Needs:
Housing, Food, Clothing, etc.
How Do We Help Our Clients

Focus on Strengths

Psycho-Education