The Developmental Journey of Pregnancy

Susan Henning, LMSW
Manager of Community Programs
Spectrum Health

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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

- Infancy: trust vs. mistrust
- Early Childhood: autonomy vs. shame and doubt
- Preschool: initiative vs. guilt
- School Age: industry vs. inferiority
- Adolescence: identity vs. role confusion
- Middle Adulthood: generativity vs. stagnation
- Young Adulthood: intimacy vs. isolation

Erik Erikson

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

**Identity:**

<table>
<thead>
<tr>
<th>Daughter</th>
<th>Granddaughter</th>
<th>Sister</th>
<th>Cousin</th>
<th>Niece</th>
<th>Friend</th>
<th>Girlfriend</th>
<th>Wife</th>
</tr>
</thead>
</table>

**MOTHER**
Jean Piaget’s Periods of Cognitive Development

<table>
<thead>
<tr>
<th>Age</th>
<th>Stage</th>
<th>Cognitive Development</th>
<th>Special Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 2 yrs</td>
<td>Sensori-motor</td>
<td>Uses senses and motor skills, items known by use</td>
<td>Object permanence learned</td>
</tr>
<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>
</tr>
<tr>
<td>7-11 yrs</td>
<td>Concrete operational</td>
<td>Logic applied, has objective/rational interpretations</td>
<td>Conservation, numbers, ideas, classifications</td>
</tr>
<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>
</tr>
</tbody>
</table>

https://hail.to/cathedralgrammar/publication/gmrB85g/article/SZJ26zN
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
Basic Needs:
Housing, Food, Clothing, etc.
How Do We Help Our Clients

Focus on Strengths

Psycho-Education