The phases of the life cycle

- We receive our genetic heritage from our ancestors, our genes predispose our traits.
- Along with nature, we receive nurture.
- We are born into a particular culture.
- We are formed by our genes and by our contexts.

Shared factors

- Our genetic inheritance interacts with our experiences to influence our development.
- Some parts of development are gradual and some continuous.
- Need for belonging.
- Our lives are marked by stability and change.

Phases of development

- Prenatal development and the newborn.
- Infancy and childhood.
- Adolescence.
- Adulthood.

Domains

- Physical domains: body size, body proportions, in development, physical health, and perception capacities.
- Cognitive domains: thought processes such as imagination and creativity.
- Social/emotional domain: self-knowledge, including self-esteem, understanding temperament, and understanding others.

Prenatal development

- At each stage, genetic and environmental factors affect our development.
- Fertilized eggs called zygotes enter a 2-week period of rapid cell division and develop into an embryo.
- The zygote's inner cells become the embryo, and the outer cells become the placenta.
- The foetus develops after 9 weeks of conception.
- Teratogens, agents such as chemicals, can reach the foetus during 9 weeks.
- Light or binge drinking can cause harm.
- Persistent heavy drinking puts the foetus at risk for birth defects and for future behaviour problems.

Foetal alcohol syndrome

- Effects of alcohol consumption are visible, marked by a small, disproportionately sized head and lifelong brain abnormalities.
- Some features include: thin upper lip and low nasal bridge.