Child Psychology & Development

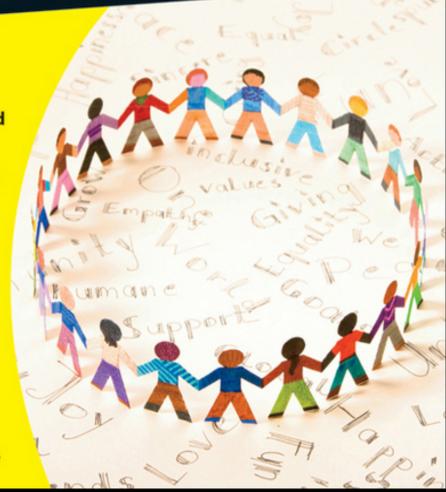
DUMMIES

Learn to:

- Understand the difference between "bad behavior" and behavior disorders
- Know whether a child is ready for school
- Help a child control impulses, develop self-esteem, and have good relationships

Laura L. Smith, PhD Charles H. Elliott, PhD

Authors of Overcoming Anxiety For Dummies



Making Everything Easier!™

Child Psychology & Development

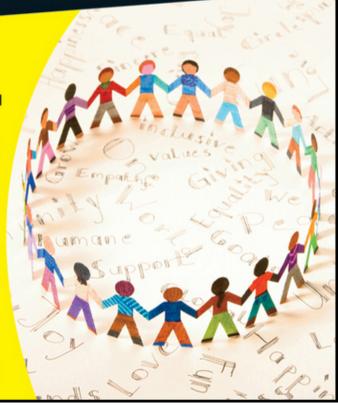
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Visit

<u>www.dummies.com/cheatsheet/childpsychologyanddevelopment</u> to view this book's cheat sheet.

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by Laura L. Smith, PhD, and Charles H. Elliott, PhD



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About the Authors



Photo by Matt Foster of Kim Jew Photography

Laura L. Smith, PhD, and Charles Elliott, PhD, are co-authors of Overcoming Anxiety For Dummies, 2nd Edition, Borderline Personality Disorder For Dummies, Obsessive-Compulsive Disorder For Dummies, Seasonal Affective Disorder For Dummies, Anxiety & Depression Workbook For Dummies, and Depression For Dummies (all from Wiley Publishing, Inc.); Hollow Kids: Recapturing the Soul of a Generation Lost to the Self-Esteem Myth (Prima); and Why Can't I Be the Parent I Want to Be? (New Harbinger Publications). They are members of the board of directors of the New Mexico Psychological Association and affiliated training faculty at the Cognitive Behavioral Institute of Albuquerque. Their work has been featured in various periodicals, including Family Circle, Parents, Child, and Better Homes and Gardens, as well as popular publications such as the New York Post, Washington Times, Daily Telegraph (London), and The Christian Science Monitor.

They have been invited speakers at conferences including: the National Alliance for the Mentally Ill (NAMI), the Association for Behavioral and Cognitive Therapies, the International Association for Cognitive Psychotherapy, and the National Association of School Psychologists. They have appeared o" television networks such as CNN and Canada AM. They have also been featured as experts on various National Public Radio programs, as well as "You The Owner's Manual," "Doctor Radio," "The Frankie Boyer Show," and "The Four Seasons Radio Show." They have committed their professional lives to making the science of psychology relevant and accessible to the public.

Laura is a clinical and a school psychologist. Previously, she was a special-education teacher, an educational diagnostician, a psychologist at a juvenile detention center, a child psychologist in private practice, a clinical supervisor at various rural school districts, and a consultant to Head Start programs. Throughout these years, she has raised three kids and enjoyed her four grandchildren. She is often asked to provide consultations to attorneys, school districts, and government agencies.

Chuck is a clinical psychologist and a founding fellow of the Academy of Cognitive Therapy. He has written many professional articles and book chapters on the topic of cognitive behavior therapies and pediatric psychology. He has been a director of mental health consultation-liaison at Children's Memorial Hospital in Oklahoma City, a faculty member at the University of New Mexico School of Medicine (programs for children), a clinical psychologist in private practice, and a faculty member at Fielding Graduate University (psychology).

Drs. Smith and Elliott are available for speaking engagements, expert interviews, and workshops. You may contact either or both of them at www.psychology4people.com

Dedication

To children everywhere and those who care for them.

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Introduction

We love kids. Fact is, we used to be kids. We've had kids, and they've had kids. Also, we've devoted much of our professional lives to assessing, teaching, and treating kids. We've worked with kids in the classroom, in the hospital, and our offices. We've seen kids of all ages from infancy through young adulthood. We've helped kids deal with learning problems, anxiety, depression, autism, deficits in attention, and behavior problems.

So when the editors of the *For Dummies* series asked us to consider writing *Child Psychology & Development For Dummies*, we were delighted. We soon engaged in lengthy discussions and a few sleepless nights about the content and organization of this book. Take a look at most any college textbook on either child psychology or development, and you may find it daunting. Frankly, much of the material is esoteric and as difficult to follow as twisting country roads before Google Maps.

In collaboration with our editors, we took some time deciding on an approach to this book. We realized that most people who are interested in this topic are probably teachers, parents, child-care providers, grandparents, and others who are interested in kids. Thus, you'll discover that we don't follow a textbook approach to *Child Psychology & Development For Dummies*. Rather, like most books in the *For Dummies* series, this book takes complicated theories and ideas and turns them into practical information that can be applied to the real world of children and those who care about them.

We could have filled these pages with endless details about theorists such as Sigmund Freud, Erik Erikson, Lawrence Kohlberg, Jean Piaget, B. F. Skinner, Albert Bandura, Lev Vygotsky, John Bowlby, and Mary Ainsworth (among many