

## Historical Theories

### Attachment Theory

*John Bowlby*  
*Mary Ainsworth*

Early responsive, nurturing care

- Teaches infants that the world is a safe place
- Teaches infants that their needs will be met
- Provides the foundation for successful social-emotional development throughout life



### Behaviorism

*John Locke*  
*Ivan Pavlov*  
*John Watson*  
*B.F. Skinner*

- Rewards and punishment can change behavior
- Humans can be conditioned to behave in certain ways

### Psychoanalytic Theory

*Sigmund Freud*

- Exploration of the unconscious mind in order to cure
- All thoughts and activities are influenced by the unconscious mind

### Cognitive Development Theory

*Jean Piaget*

- Children actively construct their own learning
- Consists of stages
  - Sensorimotor (Birth to 2 years)
  - Preoperational (2 – 7 years)
  - Concrete operations (7 – 11 years)
  - Formal operations (11 years and beyond)

### Sociocultural Theory

*Lev Vygotsky*

- Social interaction leads to continuous step-by-step changes in children's thought and behavior
- Can vary greatly from culture to culture

