The First Year's Echo for Life

Is early childhood development detrimental to adult life?

Contents

Introduction

Early childhood is often portrayed as an idyllic time where children are growing and exploring their environment, although these are crucial years of an individual's life and can have a significant impact on childhood development and life chances experienced by individuals later in life. Deciding on a PIP topic was an incredibly difficult decision, and through reflection, I came to the realisation that from a young age, I had an interest in teaching as a result of constantly babysitting siblings, which drove curiosity and interest in early childhood development (ECD) and to consider how this plays a influence in adulthood. I am focusing on the cross-cultural aspect of a generational shift from Generation X and Baby Boomers to Generation Z in the need to conform or exclude to society's stereotypes, particularly in regard to parenting.

Factors influencing parenting decisions and how parenting affects an individual's values, beliefs and overall worldview. Historically, parenting was influenced through intergenerational views and knowledge. However, today, due to advancements in technology, social media is playing a huge part in parenting. The use of a focus group as part of the primary research was extremely helpful in gaining qualitative and quantitative data, as participants were building on each other's ideas to achieve a deeper insight and common trends into personal opinions across generations. The focus groups were separated into Generation Z, Generation X and Baby Boomers, allowing for non-biased conclusions. The questionnaire was useful as the responses remained anonymous, and respondents felt more comfortable being honest when answering the questions. Secondary and Primary research methods were both useful to complete the PIP, as I wanted to see the impacts that parenting has on children from a young age.

 Secondary research was incredibly important in this PIP, as early childhood development has a direct relation to neuroscience. Through secondary research, the PIP has become more reliable and accurate, as there is vast scientific evidence to reinforce the importance of early childhood development. By gaining a well-rounded understanding of early childhood development, society will be able to focus on different developmental milestones at different

ages. The early ages of a child's life are critical to identity development. On a macro level, an understanding of early childhood development will allow society to explore different approaches to education, the legal system, the health care system and the overall well-being of children. An engaged and educated parent, guardian or teacher in early childhood development leads to children who are ready and excited to learn with fewer behavioural problems. Children who experience a poor early childhood education tend to have gaps in their learning; therefore, if society understands the importance of ECD institutions won't have to extensively fund learning facilities required to fill the educational gaps. It has also been proven that children who experience appropriate ECD are 82% less likely to go to prison, which saves money, time and resources in the court, legal and prison systems[1].

[1] 1gridadmin, 'How Early Childhood Development (ECD) Can Change the World - Childpsych' (Childpsych31 October 2024)
<https://www.childpsych.co.za/how-early-childhood-development-ecd-can-change-the-world/>
accessed 1 July 2025

Ever since I chose to study Society and Culture in Year 12, I have always been considering what my topic should be. After many brainstorming sessions, I came up with a shortlist, firstly considering the topic of "Why is the rule of law being broken time and time again? Why do humans have the desire to break the law? With particular consideration for the idea that wealth and social stratification hierarchies are the key drivers of law-breaking?"However, my passion lay with another topic, which I eventually decided upon "is your early childhood development detrimental to your adult life?" I decided on this question because I was always the child who wanted to be the teacher as i was always told this by all of my family members. In those early years of my life, I already had an interest in being in charge, and as I got older, I wanted to be an early childhood educator since little kids have always been a big part of my life, with younger siblings and babysitting for neighbours constantly.

 Developing a cross-cultural component was difficult for me as I couldn't understand how to implement it into my project until I started my secondary research, which formed my cross-cultural element of cross-generational. The secondary research was extremely helpful in determining my chapters, where I decided on 3 chapters; however, However I decided to change my original chapters as they didn't highlight the areas of research I wanted to investigate, making these changes to the chapters was beneficial as I ended up with a stronger project and this was achieved due to the challenging of my values.

 I used a focus group and a questionnaire as my primary research methods. The focus group allowed me to pick up on nonverbal cues, observing what questions make respondents uncomfortable and what questions they are eager to respond to. The questionnaire was used to limit bias as the questions were standardised, and it was useful for analysing data as it was simple to convert into a graph and compare results. The PIP was overwhelming and a challenge to balance the major work with my other subjects and life. However, the PIP has allowed me to grow in so many ways, rather than just understanding my topic. The PIP has increased my social and cultural literacy, allowing me to acknowledge other perspectives. My secondary research

allowed me to achieve a deeper understanding of how institutions and technology shape individual and collective identities. The PIP is now something I recommend to all students, as you learn proper time management skills, how to write analytically, and it has helped me improve my social awareness. These are skills learned from the PIP, and I will continue to use them throughout my life.

Chapter one

Are your opinions your opinions?

Whether it's known to you or not, your opinions are shaped through agents of socialisation that shape your values and beliefs, which in turn shape collective and individual identity. Individual worldviews are shaped through early childhood experiences, [2]as 85% of a person's brain is developed by the time an individual turns 3 years old, which is where the building of the foundation of your worldview begins. For example, if a child is surrounded by neglectful parents, they develop a worldview centred around fear. During the first 3 years of a child's life is where neuron connections are being made at a rapid pace through experiences and environment, where neuron connections become stronger or weaker. The worldview shaped during the early years can still impact individuals as adults. Which begs the question: if worldviews are formed at such an early age, can these be changed over time as new socialisation agents influence worldviews as a child transitions into adulthood?.

The first three years of a child's life are critically important for the development of their brain. Children learn through observation; this is where they form the foundation of their values and beliefs, as well as learning how to walk and talk. Individuals fall into three categories of what they remember between 0-3 years old. They either don't remember anything or remember happy and joyful memories. Then, there is the third category where something traumatic has happened, which has stuck with the individual. These early experiences subconsciously affect the individual throughout life, which therefore reinforces how important the first three years of life are to an individual's development. Questionnaire respondents were asked Do you remember anything from the ages of 0-3 years old? 55.8% of people responded with no, and 44.2% of people responded with yes. Responses varied from negative experiences for example "Mum and Dad arguing", "Major events with any high emotion attached to them eg, sister being born, brother hurting himself" and "My sister nearly drowned" To positive experiences such as "Doing things with my sisters, birthday

---

[2] 'Early Brain Growth and Development | Early Childhood Development | Children's Lifetime' (Children's Lifetime2016) <https://www.childrenslifetime.org/brain-growth-and-development> accessed 12 July 2025

parties, being tucked in bed at night", "Mum playing the piano, dad and his garden, meeting my two brothers when born" and specific family events.[3]

Previously shaped worldviews can be changed through therapy, personal reflection, further education and meeting people with different upbringings, culture or religion that will challenge your worldview. However, these worldviews will still subconsciously be a part of your identity. This is seen through previously set assumptions you have about people. These are the two most prominent aspects of an individual's early childhood experiences that are expressed in adulthood.

The teenage years are where the desire to conform is the highest, as individuals tend to reflect their friends' and peers' worldview rather than their parents' and family. The Erik Erikson's theory states that the adolescent stage is all about finding your identity, not copying someone else's.[4] The societal norm to fit conform rather than the minority limits an individual's ability to discover their own identity and worldview. This is commonly a result of peer pressure, which can lead to an increased risk of depression and anxiety, further impacting academic results and a loss of identity.

Religion and politics are two views that are highly influenced by parents and close family members during the formative years of an individual's life. Children who grew up in a religious household grow up with those views, with the majority not exploring their own views and just staying with what is comfortable. This is the same for politics if a child grew up in a household with strong political opinions, that child will at least subconsciously believe the views that they grew up with this has been proven time and time again that "he religion a person was socialized in has lingering affects on his or her political values. Parents play the most prominent role in the political direction of their children, both early in life and up through young adulthood".Parents teach their children their religion and political beliefs because they see themselves as correct and find it important to teach [5]"For example, 70% of

---

[3] Primary research,Questionnaire
[4] 'Ms-In-Education-Insight-Eriksons-8-Stages-of-Development' (Walden University2018) <https://www.waldenu.edu/online-masters-programs/ms-in-education/resource/ms-in-education-insight-eriksons-8-stages-of-development> accessed 27 July 2025
[5] C,Alan 'Most U.S. Parents Pass along Their Religion and Politics to Their Children' (Pew Research Center10 May 2023) <https://www.pewresearch.org/short-reads/2023/05/10/most-us-parents-pass-along-their-religion-and-politics-to-their-children/> accessed 7 July 2025

white born-again or evangelical Protestant parents said it was extremely or very important for their children to hold similar religious beliefs, compared with just 8% of religiously unaffiliated parents" consequently limiting individual identity and opinions as children are been heavily influenced from a young age[6]. Further proving that individuals' opinions and identity are formed through internal and external factors, emphasising the importance of individuals exploring aspects of their own identity themselves rather than blindly following their parental influences, worldviews, beliefs and values.

_____

[6] M. Daines, and Q. Monson'Religion's Role in Parent to Child Political Socialization' (BYU ScholarsArchive2015) <https://scholarsarchive.byu.edu/jur/vol2015/iss1/31/> accessed 7 July 2025

Chapter 2

The Parenting Dilemma

An individual's early childhood development is significantly influenced by parenting styles. Children learn from their caregivers as agents of socialisation, therefore shaping the individual's beliefs, values, ideologies and overall world view. The socioeconomic status of parents notably shapes parenting styles and family dynamics, as well as the development of their children in both positive and negative aspects.

As Individuals grow, they make either an obvious or subconscious decision to either adapt from their early experiences or internalise the influence of their parents. During the first primary research method, the question asked was "Do you believe that your parents' beliefs, customs and values are something that adds to your identity?" With 94% of people believing that their parents' beliefs, customs, and values are elements of their identity, the other 6% of individuals stated "maybe" unsure if these elements were created on their own or influenced by an external source.[7]Society has placed a stereotype on families with lower socioeconomic status compared to higher socioeconomic status as poor parents, placing a need to conform to the societal view that you need a substantial amount of money before having a child; however, this is not always the case. With the world revolving around money and the cost of living crisis becoming harder to manage, it's harder to buy everyday essentials, especially for parents with young children, therefore leading to parents working hard to provide for their family. Would a family with lower socioeconomic status put a child's future at risk? The most important aspect of a child's life in the first three years is quality parenting, reinforcing the importance of role modelling. This is demonstrated through good behaviour to the child, as this is where children learn core values of trust, consistent with Erik Erikson's theory. In the first stage of life, between birth and 18 months, children are learning to trust or mistrust the close people in their lives. If caregivers neglect the child's needs, it

---

[7] Primary research,Questionare

will lead to trouble forming and maintaining relationships all throughout life, as well as an increased probability that the child will face anxiety and fear constantly because an individual's brain is 80% developed by the age of 5.

Socioeconomic status is proven not to be detrimental to a child's life shown through secondary research. The questionnaire completed allowed for further confirmation that socioeconomic status is not as important as quality parenting by stating.[8] "Unless it affects the nutritional value of the food the child is consuming, then no. I think proper love and care from the parents is most important". Many respondents suggested that there is a strong importance of nutrition in early childhood development, establishing the four key elements that parents should follow in order to set up their child for life. They include quality parenting, nutrition, play and language. Another respondent supported this view that "the relationship the parents build with their child and the interactions they have together are most important. I don't feel money is important - unless the lack of money impacts the happiness of the family or the diet of the child. I also feel that social interactions with others are important, and there are many free baby clubs available. For example, Rhyme time at the library". The questionnaire confirmed the hypothesis that your socioeconomic status is not a detrimental factor to children's first three years of life and development, contradicting society's stereotypical view, encouraging society to refine its previous views, and to recognise the strength and resilience of disadvantaged families.

[9]Parenting has been split into four different "styles" The first 3 categories were founded by Diane Bondmane, and then the fourth one was added later to her research. Parenting styles are based on your level of warmth or affection with your child, as well as your level of control and structure. The first of the four parenting styles is Authoritarian, which is essentially "My way or the highway" with high control and structure but low on warmth and affection. This parenting style commonly leads to kids experiencing an increased rate of

---

[8] Primary research,questionare

[9] noble.dana, 'The 4 Types of Parenting Styles: What Style Is Right for You? - Mayo Clinic Press' (Mayo Clinic Press10 May 2023) <https://mcpress.mayoclinic.org/parenting/what-parenting-style-is-right-for-you/> accessed 30 April 2025

anxiety, depression and child withdrawal. Children who have grown up with authoritarian parents learn from their behaviour and therefore demonstrate the same behaviour that they have grown up with. Children with Authoratarain parents may become well behavaed but struggle with confidence and emotional control, for example, "A meta-study of 51 studies from eight countries found that children of authoritarian parents were verbally and physically more aggressive than those of authoritative parents"[10](Authoritarian Parenting: Its Impact, Causes, and Indications 2024)[11]An authoritarian parenting style has consistently been associated with negative developmental outcomes, such as aggression, delinquent behaviors, somatic complaints, depersonalisation and anxiety.

[12]The authoritative parenting style is sometimes referred to as "democratic." It involves a child-centric approach in which parents hold high expectations for their children, backed by support and guidance. Authoritative parenting, known as the 'Perfect way' to raise a child, has many positive effects for the children, including high confidence, strong social skills and strong emotional regulation. Although this parenting style is widely seen as positive, there are still a few negatives highlighting to society that even the 'Perfect way' isn't actually that perfect. The negatives of Authoritative parenting are that the children will have trouble adjusting to stricter environments, including schools, which can impact their academic progress.

[10] 'Authoritarian Parenting: Its Impact, Causes, and Indications' (Psychology Today2024) <https://www.psychologytoday.com/au/blog/overcoming-destructive-anger/202402/authoritarian-parenting-its-impact-causes-and-indications> accessed 30 April 2025

[11] Sofie Kuppens and Ceulemans E, 'Parenting Styles: A Closer Look at a Well-Known Concept' (2018) 28 Journal of Child and Family Studies 168 <https://pmc.ncbi.nlm.nih.gov/articles/PMC6323136/#:~:text=Baumrind%20(1971)%20suggested%20that%20authoritarian,more%20autonomy%20granting%20than%20controlling.> accessed 2 July 2025

[12] Sofie Kuppens and Ceulemans E, 'Parenting Styles: A Closer Look at a Well-Known Concept' (2018) 28 Journal of Child and Family Studies 168 <https://pmc.ncbi.nlm.nih.gov/articles/PMC6323136/#:~:text=Baumrind%20(1971)%20suggested%20that%20authoritarian,more%20autonomy%20granting%20than%20controlling.> accessed 2 July 2025

[13]. "According to Baumrind, permissive parents are more responsive than they are demanding. They are nontraditional and lenient, do not require mature behaviour, allow considerable self-regulation, and avoid confrontation. Children who grow up with permissive parenting tend to have trouble with social skills, poor self-discipline, risky behaviour and have little to no achievement because their parents never had any expectations or goals for them, leading towards a lack of their own personal identity. Children of permissive parents tend to have poor self-discipline, which leads to poor time management skills, affecting the individual throughout their life. They also exhibit more impulsive behaviour because they lack the chance to develop coping mechanisms; therefore, they are less inclined to follow societal expectations. On the positive side, these individuals challenge social norms, emphasising how non-conformity leads to social change.

Uninvolved parenting, "is a style characterised by a lack of responsiveness to a child's needs ", Focused on their own problems and desires, [14] Quality parenting is the most important quality to help children develop during the first 3 years of life an absent or neglectful parent will be greatly damaging for the child as the individual has had to learn to take care of themselves at such a young age and will most likely have trouble to trust people and let them help them in any way. Uninvolved parenting causes significant damage to a child. This parenting style contributes to attachment issues and behavioural issues. Time has changed the trajectory of parenting from obedient parenting to a focus on emotional responses and child-focused activities. Reflecting broader social change as values and beliefs change over time.

It is significantly important that, as a society, we understand the effects of parenting as it significantly affects children all throughout their lives, as it affects individual and collective identity, shaped by values and beliefs that were formed by caregivers and close family members. Parenting is the most important form of socialisation as parents teach their children

---

[13] Sanvictores T and Mendez MD, 'Types of Parenting Styles and Effects on Children' (Nih.gov18 September 2022) <https://www.ncbi.nlm.nih.gov/books/NBK568743/> accessed 30 April 2025

[14] Higuera V, 'What Is Uninvolved Parenting?' (Healthline20 September 2019) <https://www.healthline.com/health/parenting/uninvolved-parenting> accessed 30 April 2025

valuable life skills, for example, managing emotions and an understanding of accepting people with different cultures and worldviews. [15]At the end of both of the focus groups that was conducted as a part of the primary research, the question was asked "Do your early experiences still affect you, or have you learned to adapt" the focus group with Generation X and Baby Boomers all said they learned to adapt however four people in the Generation Z focus group said they have adapted while the other seven said that they were in the middle of adapting and still being affected. A few respondents, being comfortable sharing, they said, "Early learning experiences impact you. Someone who has a good childhood won't need to adapt. My parents were divorced and had medical issues. I can reflect and see how I navigated things. Looking back, it did impact me" This shows how early childhood experiences can and will subconsciously affect you, only realising through reflection. Following the statement, another respondent further proved the hypothesis by stating, "In my personal life, I didn't think that not having a father in my life would impact me. Subconsciously, it has" By receiving personal information about individuals being able to adapt from there childhood and grow into their own person it has become clear that your early childhood experiences are not detrimental to your adult life as finding your own identity is something that comes with age however it does subconsicly effect you, Which is why it is important to educate yourself on the importance of early childhood development. Quality parenting is not determined by socioeconomic status; it is simply the time and effort put into the child, setting them up for life. By understanding the importance of parenting in socialisation, society can adapt to what children need in the early childhood years.

---

[15]Primary research,Focus group

Chapter 3

Power and influence on Early childhood education

Early childhood education (ECE) is a branch of education theory focused on teaching children from birth to age eight, encompassing both formal and informal settings. It emphasises the development of cognitive, social, emotional, and physical skills through play-based learning and various activities. [16]ECE programs aim to prepare children for school readiness and a lifetime of learning.

Early childhood education is extremely significant for the development of cognitive functions, starting with the focus of vision and hearing pathways as they develop first, followed by early language skills and higher cognitive functions. As children grow, these

---

[16]
https://education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers/every-child-benefits#Helping0

neuron connections become more complex, shaping brain development and fostering positive learning behaviours from an early age. Which is why it is essential for children to go to an adequate place for early childhood education. [17]Research shows that children who participate in quality preschool programs are more likely to arrive at school equipped with the social, cognitive and emotional skills they need to help them continue learning. These benefits extend well beyond primary school. Higher levels of educational success, employment and social skills have all been linked to moderate levels of participation in quality early childhood education. Adequate early childhood education reduces the risk of depression and risky behaviours in teens. In Adulthood, there is a higher chance that individuals will grow to love their job and receive a higher income, as well as healthier relationships.

The law ought to be the main influence on parents/guardians when raising children; however, there is little to no knowledge on the laws put in place to protect early childhood development.[18] As is evident from the questionnaire, when asked, "Are you aware of the laws in place to protect early childhood development? If so, what laws?" The answers were all no, apart from one participant who said, "[19]Yes, UN Rights of the Child, The Children and Young Persons (Care and Protection) Act 1998 is the law in New South Wales that protects children and young people. I studied Early Childhood Education and Care Cert III, so I have a bit of knowledge in this area". Furthermore, highlighting the little knowledge individuals have of the laws put in place to protect early childhood development, which could cause detrimental effects on children throughout their lives. It is critically important for society to be aware of laws related to early childhood education and development, as caregivers don't know the level of care and education that is required. Examples of laws that caregivers typically don't know of are mandatory medical check-ups and vaccines, as well as preschool education. Parents tend to rely on knowledge from when they grew up, which reinforces intergenerational transmission. Laws are only effective when society acknowledges them. Individuals without an understanding of the laws contribute to the knowledge gap.

---

[17] https://education.nsw.gov.au/early-childhood-education/information-for-parents-and-carers/every-child-benefits#Helping0

[18] Primary research,Questionare

[19] Primary Research,Questionare

In 2009, the Australian Government Department of Education and Training, for the Council of Australian Governments, implemented the Early Years learning framework for Australia with the intention to convert childcare from merely supervising kids into adding activities that will contribute to the development of children, setting them up for their future. [20]Throughout the primary research focus group, one of the questions presented was "What law or policy would you add to the world, after reading the previous laws?" Generation Y and Baby Boomers both thought that there should be more academic testing to ensure the benchmarks for learning are being met. However, Generation Z believed that adding more mental health checks in school would be more beneficial for individuals rather than focusing on reaching academic benchmarks. By implementing mental health checks at school, concerns will be able to be identified early, which will also mean that life chances are equalised as individuals can have issues outside of school impacting their ability to find help, therefore shifting social norms to accept vulnerability and creating a society where individuals can easily ask for help. Throughout time, the government has been able to introduce public early childhood education to give all children the opportunity to have a successful future, furthermore giving parents/guardians time to work so that they can provide for the children while also putting time and effort into raising their children

Another influence on early childhood education and development is Technology, which is evolving at a rapid pace. 30 years ago, social media did not exist, so parenting was influenced by internal sources, including family and friends. The values of the individuals' families and friends could seem harmless; however, these values and worldviews are either intentionally or subconsciously passed down through generations, leading to intergenerational trauma. In contrast to the present, where there are leading concerns of media changing individuals' values, beliefs and overall worldview. Social media is a profitable industry gaining money from society's interactions, leading to content creators providing content that will gain the most coverage, no matter if the information is true or not. For example, there are many people online providing parenting advice, many without children, which therefore sways the values, beliefs and worldview of individuals. Technology has many benefits for parents with information available anywhere; however, "81 per cent of Australian parents say their 2 to 5-year-old uses the internet"[21] Technology is also being used as a form of parenting, with

---

[20] Primary research,Focus group
[21]
https://www.aspireearlyeducation.vic.edu.au/resources/integrating-technology-in-early-education-pros-and-cons/

many parents passing their responsibilities to technology, leading to detrimental effects on their children including distributive attachment issues and self worth is seen more through technology rather than in person. When children see their parents/guardians glued to technology, they grow up thinking that it is normal. To grow and thrive, children need warm, responsive interactions with parents. The world is now all online, with people working from home through technology. All of an individual's relationships are easily accessed through technology, so it is quite easy to spend an excessive amount of time online, leading to society replacing things they need to do or should be doing and instead getting caught in the endless cycle online. Sarah E Domoff and others state,[22]. "Digital technology can sometimes get in the way of these kinds of interactions, for example, if parents interrupt conversations with children to check text messages".This presents the message to children that it is ok to be codependent on technology. As previously stated, quality parenting is the core of setting up your child for success in the first 3 years of life, Parents are now replacing quality parenting with technology which leads to poor social skills, struggles in academic learning, poor emotional wellbeing and an overall poor communication, which is why it is extremely important for parents to prioritise swapping technology for quality parenting. According to a 2018 study [23]children whose parents used digital devices to calm or occupy them were more likely to display externalising behaviours, such as aggression or hyperactivity. This aligns with Baumrind's (1966) permissive parenting model, where limits are weak and children may not learn emotional regulation or delayed gratification, both crucial elements in forming a strong, autonomous identity".

Technology is not always a negative thing for early childhood development when used in the right way. Technology is used for children's early education, helping them "with developing important skills such as problem-solving, creativity, and digital literacy," which are extremely important skills for children to continue to improve on. Technology also brings enjoyment

[22]Domoff SE and others, 'A Naturalistic Study of Child and Family Screen Media and Mobile Device Use' (2018) 28 Journal of Child and Family Studies 401 <https://pubmed.ncbi.nlm.nih.gov/31105418/> accessed 12 July 2025

[23] D,Baumrind 'Effects of Authoritative Parental Control on Child Behavior' (1966) 37 Child Development 887 <https://www.jstor.org/stable/1126611?origin=crossref> accessed 2 July 2025

into learning with the hope that it continues all throughout life, and to a great degree, all of primary and secondary education. Therefore, an absence of knowledge in regards to early childhood education and legal regulations leads to a dependence on technology, leaving children to shape their own worldviews.

Conclusion

The idyllic first three years of a child's life were previously assumed as the simplest years of raising a child; however, it is shown through research how this is not the case and how important the development and experiences of a young child will have long-lasting impacts into adulthood and for the remainder of their life. My overall goal when researching early childhood development was to increase individual and collective understandings of the importance of early childhood development. Through the PIP, I learned how experiences at early ages are subconsciously going to affect you, which allowed me to learn more about myself and the close people around me. The PIP allowed me to form a deeper understanding of the importance of culture as it directly impacts the identity of an individual. In particular, chapter one gave the evidence to support the rest of the chapters as it uncovered the science behind the development of a child's brain. This was integral in understanding how the brain works and led to support of my hypothesis that your early childhood experiences affect you as an adult. This chapter allowed me to differentiate personal opinions and opinions that you don't necessarily believe in that have been externally influenced throughout your life.

Chapter 2 provided an insight into the four different parenting styles and how they affect children throughout life, to shift societal views to see the importance of parenting in the early years, in order to set their child up for life. Finally, the power structures that influence parents' involvement in their children and the effects that children will face if they don't understand the powerful influence aspects of the world can have on them.

The PIP was the opposite of an easy journey; it challenged me to accept differing perspectives, which ended up benefiting my PIP, only realising through self-reflection that there is value in multiple opinions, as it only allows for a deeper understanding of the importance of early childhood development.

As early childhood development is the foundation for everybody's life, it is my goal through this PIP that no child will have to go through unnecessary obstacles, all because their early childhood experiences were not up to standard.
With a deeper understanding of ECD, individuals will be able to form proper opinions. Without a proper understanding, society is ignoring a stage that statistically increases the risk of depression, anxiety, poor social skills and poor emotional regulation. If this world is able

to bring in technology to fix physical medical issues, it needs to start prioritising mental health as a concern to society, and it will be able to see that, for the majority, it all starts from poor early childhood experiences. As a society, we should be prioritising the next generation so that these children all have a chance at becoming anyone in the world and shaping it into a better place. Do you really want to limit your child's chances?

Annotated Bibliography

<div align="center">Primary research annotations</div>

Questionare

The questionnaire was useful in gathering quantitative data as it was easy to compare results across generations. The data collected from the questionnaire is possibly biased, as there were a total of 52 respondents, and only eight of them were male. However, my cross-cultural component was generations, and there were 23 respondents from Generation Z,19 from Generation X and then five from both Baby Boomers and Generation Y . The data has a high chance of containing biased information due to the varied respondents. I was interested in gaining information from individuals who are primary caregivers and those who are not; 24 of the respondents were primary caregivers, allowing me to see the differing perspectives. The questionnaire was useful to gain a holistic understanding of individuals' views on early childhood development. The results were utilised in all chapters of my PIP, enabling me to provide real-life examples to further prove my point. Because of the uneven distribution of generations and gender, the responses used could be biased and unreliable. However, when including information from the questionnaire, I would include examples for all the generations to provide unbiased information.

Focus group

I decided to complete a focus group in order to expand on the results found in the questionnaire. I did two different focus groups, one with Generation Z and the other focus group with Generation X and Baby Boomers, to incorporate my cross-cultural concept and limit biased results. The focus group allowed for qualitative results so that I could achieve personal opinions. The focus groups came with limitations, such as a lack of diversity in both focus groups, as the first one with Generation Z was conducted at school, with all school students. To achieve well-rounded results, the focus group should be conducted with multiple individuals inside and outside of school. The second focus group was with Generation X and Baby Boomers, who all lived in the same neighbourhood, leading to biased results as the location was not distributed throughout the neighbourhood. However, all of these individuals have lived at multiple places across their lives, which was said and explored during the focus group, making the information reliable as location was not limited to one place.

Secondary research annotations

Australian Government Department of Education and Training(2018)

The Early years learning framework for Australia has been put in place to make the switch from childcare just being supervision, but into a place where childcare workers are provided with a curriculum that challenges children's minds to help them grow, to prepare young children for the years ahead. The curriculum was produced by Reproduced by the Australian Government Department of Education and Training for the Council of Australian Governments. This source is useful to my PIP in the third chapter on the law and early childcare usefulness, providing me with detailed information to continue to prove my hypothesis.

Asprire early Education and Kindergarten (2025) Integrating Technology in Early Education: Pros and Cons

The article is from Asprire early Education and Kindergarten. There is no specified author. This article shows the positives and negatives of technology for children, directly linking to chapter three. The article was released with the intention of parents, caregivers and educators to increase awareness of early childhood education. The article does not provide any reference, leading to uncertainty about where the information is collected from which therefore leads to a high likelihood of biased information.

C, Alan (2023.) Parents Pass Along Their Religion and Politics to Their Children

The article was written by Alan Cooperman. Alan Cooperman is Director of Religion Research at Pew Research Centre. The source used primary research to achieve up-to-date data, which was extremely helpful in chapter one; this included questionnaires of a selected

large data range across the USA, only using quantitative data, enabling the data to be concise and applicable. the aim of the article was to provide in-depth information on intergenerational views of religion and politics. Due to the use of primary research, the chance of biased information is limited, as well as the author being a director of religion research. This enables individuals to believe that the information is reliable and accurate.

C, Kendra (2024), How Uninvolved Parenting Can Shape a Child's Future

This article is written by Kendra Cherry, who is a psychosocial rehabilitation specialist, psychology educator, and author of the "Everything Psychology Book."The article was then Reviewed by Amy Morin, who is a psychotherapist and international bestselling author. Her books, including "13 Things Mentally Strong People Don't Do," have been translated into more than 40 languages. Her TEDx talk, "The Secret of Becoming Mentally Strong," is one of the most viewed talks of all time. The Very Well Mind website says that they only use high-quality sources, including peer-reviewed studies and provide their editorial process. All of these factors increase the validity of the information and limit biased information. This article directly links to chapter 2 (The parenting dilemma), where I compared different parenting styles and the differences in the outcomes of the children.

C, Kendra (2025), How Permissive Parenting Shapes Childhood Behaviour and Development

This article is written by Kendra Cherry, who is a psychosocial rehabilitation specialist, psychology educator, and author of the "Everything Psychology Book She used multiple secondary research sources to provide accurate information to limit biased information. The article provided in-depth information on how permissive parenting shapes children, which included an increased chance of low academic performance, engagement in risky behaviours and poor self-regulation. This article directly links with chapter two of my PIP, where it shows the continuity and change of early childhood development. This article also links with chapter 3 as it provides well-rounded information on the impacts that institutions, including media, have on individuals from early childhood to adulthood.

Child's Lifetime (2016) Early Brain Growth and Development

This article didn't specifically mention an author; however, the website Children's Lifetime has been proven to be an ethically and morally correct website. increasing the validity and limiting the bias of the information. The article emphasised the importance of early childhood brain growth and development, which directly links with the overarching question of my pip. Making it incredibly helpful, the article shows the impact that socialisation can have on identity formation. The author came to the conclusion that the first five years of an individual's life are crucial for development in social, academic and cognitive growth.

Chantel L. Daines, Dustin Hansen, M. Lelinneth B. Novilla, & AliceAnn Crandall (2011), Effects of positive and negative childhood experiences on adult family health
The authors were from the Department of Public Health, Brigham Young University, where they referenced all of the information used to ensure that the information was unbiased and reliable. They also provided a list of ethical considerations and the rights and permissions of the article. Being morally and ethically correct it affects the validity of the information, therefore increasing the reliability. This article explores the positives and negatives of different childhood experiences on adult family health. The article directly correlated with the focus on the pip, making it extremely helpful for chapter three.

D Madison and M Quin (2015), Religion's Role in Parent-to-Child Political Socialization

The authors Madison Dayton Daines and Quin Monson graduated from Brigham Young University. They both have extensive knowledge of the political and religious roles in parent-to-child socialisation. They analysed multiple secondary sources of questionnaires from Pew Research Centre, the surveys useda random sampling method to limit the chance of biased results, as well as increasing the reliability of the information. This article was extremely helpful in researching for chapter one, including themes from socialisation and collective/individual identity. The article compared different families of different ethnicities and religions in order to achieve well-rounded results, also limiting the chances of biased data.

Emerging Minds, Australia,(2024) Child development: Infants and toddlers (0-3 years old)

This source provides information on early childhood development milestones, explaining what is normal and what is not. I explored this source to improve my general knowledge on the subject, as I added information on developmental milestones throughout all three chapters. I believe that this source was intended for parents/caregivers when they are unsure if their child is progressing normally or not. The author used multiple sources to build this article. Through the use of multiple different sources and the credibility of the author throughout the whole article, the text is reliable and unbiased because of all of the information provided aligns with each source that was used to create the article.

F, Joe (2023) 20 Years in Early Learning - What's Changed and What's Stayed the Same

Jae Fraser is the author of this article and is the founder and manager at Little Scholars, which is a highly successful childcare business ,with the intention that this article finds parents to provide them with useful information for their children. The article disscuses the history of childcare how it developed form purley just supervising kids to engaging them with acticvites that will beneficial in the long run beasue of the Early Years Learning Framework for Australia, which was introduced in 2009, where there was an emphasis on early childhood to move on from pure supervision to activities to encourage early childhood development. This article was useful for investigating early childhood education to highlight the history of education to fulfil the message that education has grown in awareness; however, the change element has not been achieved. By reading multiple different articles on early childhood education, I was able to prove the information provided in the article to directly align with what has been said around the world.

G, Karen (2019), What Is Uninvolved Parenting?

Kendra Cherry, MS, is a psychosocial rehabilitation specialist, psychology educator, and author of the "Everything Psychology Book."She uses multiple secondary sources to provide in-depth information. The use of secondary sources and the author's credentials limits the

chances of biased information and increases the validity of the sources.However ,the secondary sources are not peer reviewed, which increases the chance of biased data. The source demonstrates how uninvolved parenting can be detrimental to children's development and future. This allowed me to use well-rounded information specifically throughout chapter two.

H, Kylie

The last review of this article was by Kylie Hesketh, Professor of Child Physical Activity and Public Health, Institute for Physical Activity and Nutrition, Deakin University. The article addresses the issue of digital use and how to balance the use of digital technologies. This was written with the intention for parents to read it to understand the impacts of the overuse of devices. The article is government-reviewed and has also been reviewed by child experts. Due to the reviews, it is clear that there is minimal bias in the article.

J Quant Criminol (2006) Childhood Behaviour and Adult Criminality: Cluster Analysis in a Prospective Study of African Americans

The Author of this article has 3 different qualifications, including Department of Health, Behaviour, and Society, Bloomberg School of Public Health, Johns Hopkins University, Department of Mental Health, Bloomberg School of Public Health, Johns Hopkins University, Department of Health, Behaviour, and Society, Bloomberg School of Public Health, Johns Hopkins University. This article disscuses the relationshio of early childhood experiences with adult crimminality witht the conclusion sating "Taken together, although the relationship between childhood and adult behavior is not perfect and change in behavior over time also occurs, continuity between childhood behavior and later behavior has become one of the few "knowns" in criminology" The article is significantly reliable with the author having education and qualifications in this area of study aswella as sources providing similar information. The author used multiple content analyses to provide real-world cases. This article is extremely useful for the first two paragraphs of my personal interest project by gaining the ability to provide real-world examples to ensure the reader understands the problems that can arise from childhood.

K, Sofie (2018), Parenting Styles: A Closer Look at a Well-Known Concept

This article specifically mentioned ethical behaviours by stating that the authors declare that they have no conflict of interest. All procedures performed in this study were in accordance with the ethical standards of the KU Leuven (University of Leuven) and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards. Informed consent was obtained from all individual participants included in the study. Therefore, showing that this source is reliable and unbiased. This article was significantly helpful in achieving a deeper understanding of parenting as a concept, with specific examples allowing me to be able to provide the message in my PIP.

M, Sara (2020). Understanding child development: Ages 0-3 years

This article provides a deeper understanding of child development throughout the ages of 0-3 years old, which is perfect for my PIP, as the project is based on children aged 0-3 years old. The article was written by DR Sara Mclean, who is a registered psychologist and Adjunct Fellow at the University of South Australia and holds a Master's degree in Clinical Psychology and has been working in the area of child and adolescent mental health since 1997. Making the article a reliable source based on the author's qualifications and experience, the article does not have an intended audience, making it useful for general knowledge to use throughout the chapters. The article is only coming from one person, which makes it biased as we dont know if she has used her personal experience or opinions to shift the information she is presenting.

Pregnancy, birth and baby (2023) Parenting styles
The article didn't name the author; however, the website (Pregnancy, birth and baby) is a government website funded by Healthdirect Australia.The article is also reviewed by medical professionals and child experts ,which increases the validity of the information .The article provides an overview of all four parenting styles. This was useful throughout chapter two to ensure that the information that I am delivering is accurate .This source addresses the power

and authority in family structures, which aligns with the syllabus as well as identity formation in collective and individual identity.

S, Maanvi (2014), Some Early Childhood Experiences Shape Adult Life, But Which Ones?

This article explores the connection between early childhood experiences and how they shape adult life, which is helpful for the development of my pip. The author of the article, Maanvi Singh, discusses an experiment done well on the causes and effects on children from different families. Maanvi intended for parents to read the article to understand the importance of early childhood development and experiences. Concluding with the quote "there's no other evidence suggesting that the very kids who succumb under bad conditions are the ones who really flourish under good ones."The text is reliable based on Maanvi using multiple sources and providing them with credit, therefore making the sources ethical and reliable. The article will fit into the first paragraph of the PIP where I am able to compare locations and the children who live in allowing me to provide the readers with a variety of knowledge. 31.

S,Terrence (2019). What is uninvolved parenting

This source was written by Terrence Sanvictores, who has gone to medical school at Touro University Nevada and has an undergraduate degree from Western Governors University. This source has multiple references, which increases the credibility of the information presented. This source goes into detail about the different types of parenting and the clinical significance related to each parenting style. The use of secondary research has allowed for a wide variety of data, decreasing the likelihood of misinterpretation of the information. This article was significantly helpful in addressing parenting misconceptions in Chapter 2 of my PIP.

The Early Years Learning Framework (2018) Developmental milestones

This source provided dot-point information on age groups in my focus area of 0-3 years, and the milestones that young children should be achieving at that given age. Milestones include physical, social, emotional, cognitive and language development. The source provided a peer-reviewed reference list, increasing the validity of the information in the source. This article supported other secondary research findings and added to its reliability. This source enabled me to create a foundation of understanding in early childhood development and gave an overarching understanding of my topic. There appears to be little bias evident as the article is written by a government organisation.

T, Tracy (2017), Authoritarian parenting style

The author, Tracy Trautne,r has graduated from Michigan State University. She has a master's degree in Leadership, Management, and Administration in Early Childhood, along with two bachelor's degrees. The article outlines the characteristics of an Authoritarian parenting style and explains the effects that the parenting style will have on children in life. The article was written with the intention for it to be educational information for parents, caregivers and educators. Tracy Trautner uses multiple secondary sources to make sure the information is reliable and accurate, therefore indicating that there is limited bias. This source was incredibly helpful for chapter two, as it provided in-depth information to create well-rounded information.

University of North Dakota (2024), What is Early Childhood Education and Why Does it Matter?

This article highlights the importance of early childhood education, which directly correlates with Chapter 2 of my PIP, therefore making this article helpful for the development of the PIP. The article is written by the University of North Dakota because they dont specify who wrote the article. does means that there is potential for biased results. There is also no reference to where the University found its information. This decreases the validity of the source and the overall reliability. However, through secondary research, multiple sources verified the information; therefore, boosting the validity of the source.