

Child Care Training and
Resource Kit
Behavior Management 2 –
Attachment and Relationships

What Is An Enriched Environment?

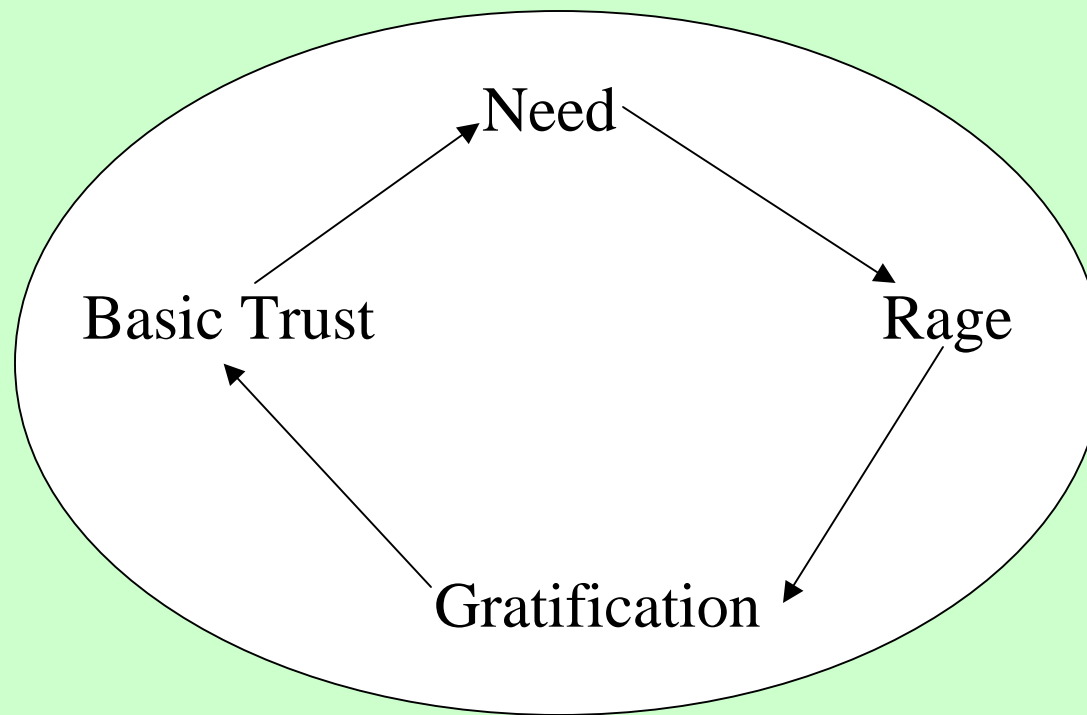
What Can You Do In Your
Professional Job To
Facilitate This Type Of An
Environment?

Attachment

- An Enduring two-way bond or relationship of affection between parent/caregiver and infant.



Attachment Theory



Attachment is a two-way street.

- John Bowlby: Biological Basis
- Mary Ainsworth: Quality based on:
 - Prompt and consistent
 - Effectiveness
 - Security



Phases in the Development of Attachment

- Phase 1: Pre-attachment: birth-4 weeks
- Phase 2: Attachment-in-the-making: 2-7 months.
- Phase 3: Preferred attachment: 7-12 months
- Phase 4: Secure base and safe haven: 12-24 months
- Phase 5: Goal-corrected partnership: 4-5 years.

Patterns of Attachment



- Secure: Consistent, sensitive care
- Anxious/Resistant: Inconsistent care
- Anxious/Avoidant: Chronic inattentiveness
- Disorganized/Disoriented: Caregiver is a source of threat

Secure

- Age 2: autonomy, social confidence, flexibility
- Age 3-5: interactive, positive social skills
- Age 6: less likely to blame peer
- Age 10: reliable and trustworthy friends
- Adolescent and young adult: rebound quickly, high competence

Anxious/Avoidant

- Age 2: separate easily, friendly to strangers, ignore caregivers.
- Age 5: dependent on teachers, high attention-seeking needs, impulsive, victims/victimizers.
- Age 10: loners, intimidating
- Adolescent and young adult: expect rejection.

Anxious/Insecure/Resistant

- Tend toward behavior problems, impulse control problems, conflicts and struggles
- Easily victimized.
- Poor interpersonal understanding.

Insecure/Disorganized

- Seen in infants with parents who have unresolved losses, bipolar, substance abusers or who maltreat infant.
- Later in life see role-reversed relationships or behavior problems.

- Babies secure with one parent tended to be secure with another.
- When secure with one and insecure with the other parent, the insecure was equally likely to be avoidant or resistant.
- When both are insecure, it often was the same type of insecurity.

Attachment Theorists Emphasize:

- Consistent and responsive care giving
- The infant experience and it's role
- Influence of early relationships
- Importance of attachments



Difficult Attachment Situations:

- Maternal illness or hospitalization
- Infant hospitalization
- Parental attachment problems from their childhood
- Early or unplanned parenthood
- Infant has disability or is unable to communicate
- Infant has self-regulation difficulties