

TOPIC: ATTACHMENT

History of Attachment

◆ Attachment theory stemmed from evolutionary psychology and ethology. Some notable early researchers included:

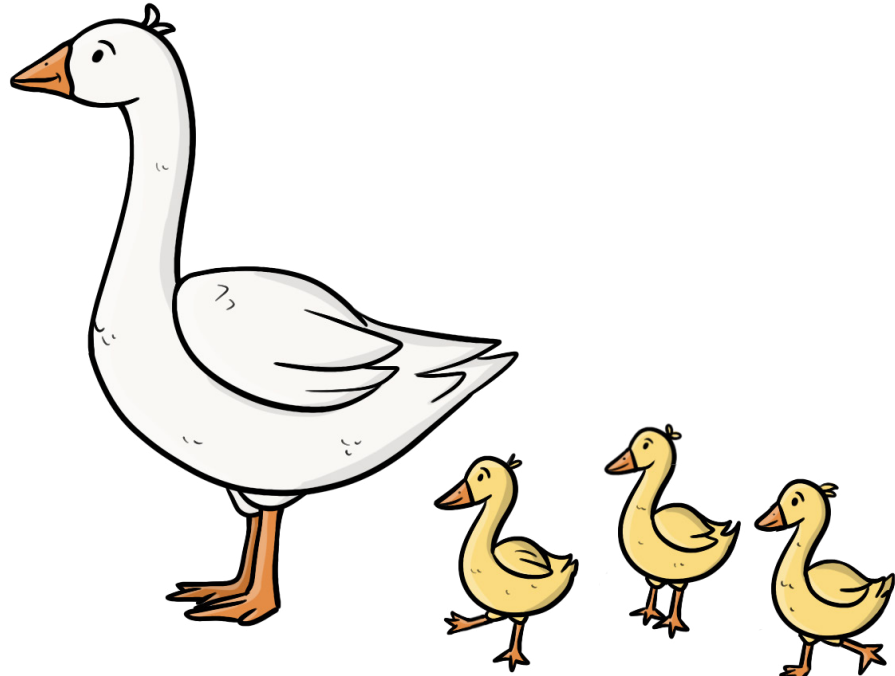
Konrad Lorenz (1903 – 1989)

► Ethologist who discovered *imprinting*:

- An age-sensitive form of learning in which animals form a bond with the _____ living thing they see.

Contribution to Attachment Theory

Concept of an age-sensitive bond forming between a caregiver and child.



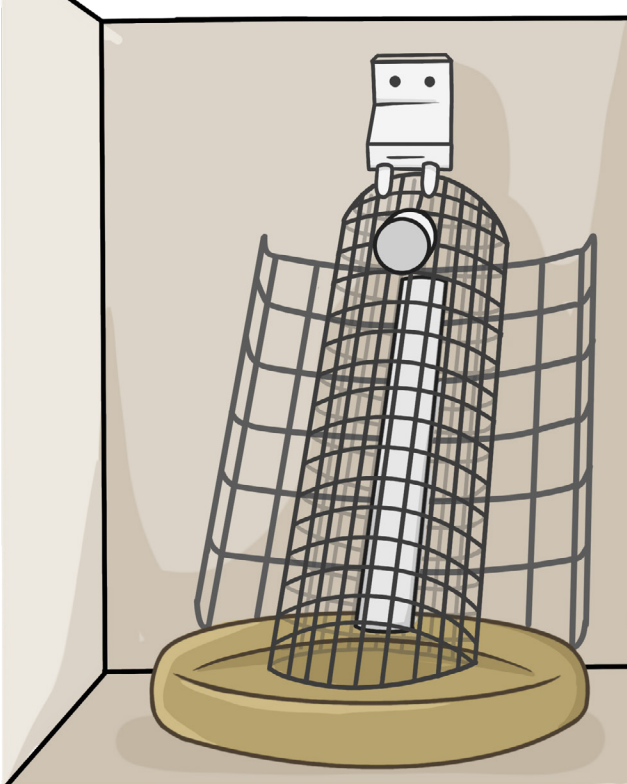
Harry Harlow (1905 – 1981)

► Early scientific communities assumed that animals formed bonds based on _____ needs.

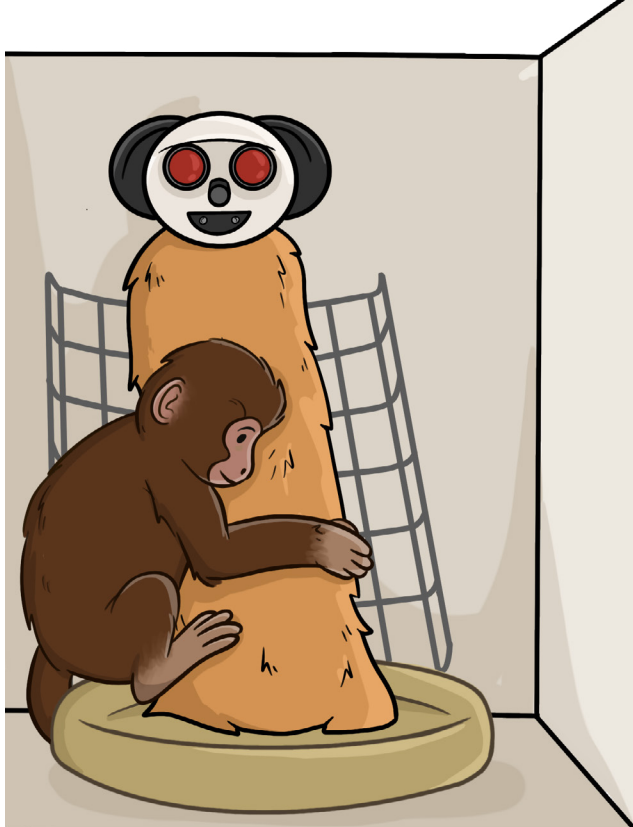
► Harlow proved this theory incorrect (regarding primates) with his famous monkey experiments:

- Presented baby monkeys with _____ surrogate “mothers” →

Made of _____
mesh – could
dispense milk



Made of soft cloth
– could _____
dispense milk



- **Finding:** Baby monkeys spent significantly more time with the _____ monkey.

Contribution to Attachment Theory

_____ and security are important components of parent-child bonding.

EXAMPLE

True or False: if false, choose the answer that best corrects the statement.

Harlow’s experiments demonstrated that infant monkeys showed equal preference for the wire and cloth mothers.

a) True.

b) False; Harlow’s experiments demonstrated that infant monkeys showed preference for the wire mothers.

c) False; Harlow’s experiments demonstrated that infant monkeys showed preference for the cloth mothers.

d) False; Harlow’s experiments demonstrated that infant monkeys showed no preference at all.

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Bowlby's Theory of Attachment

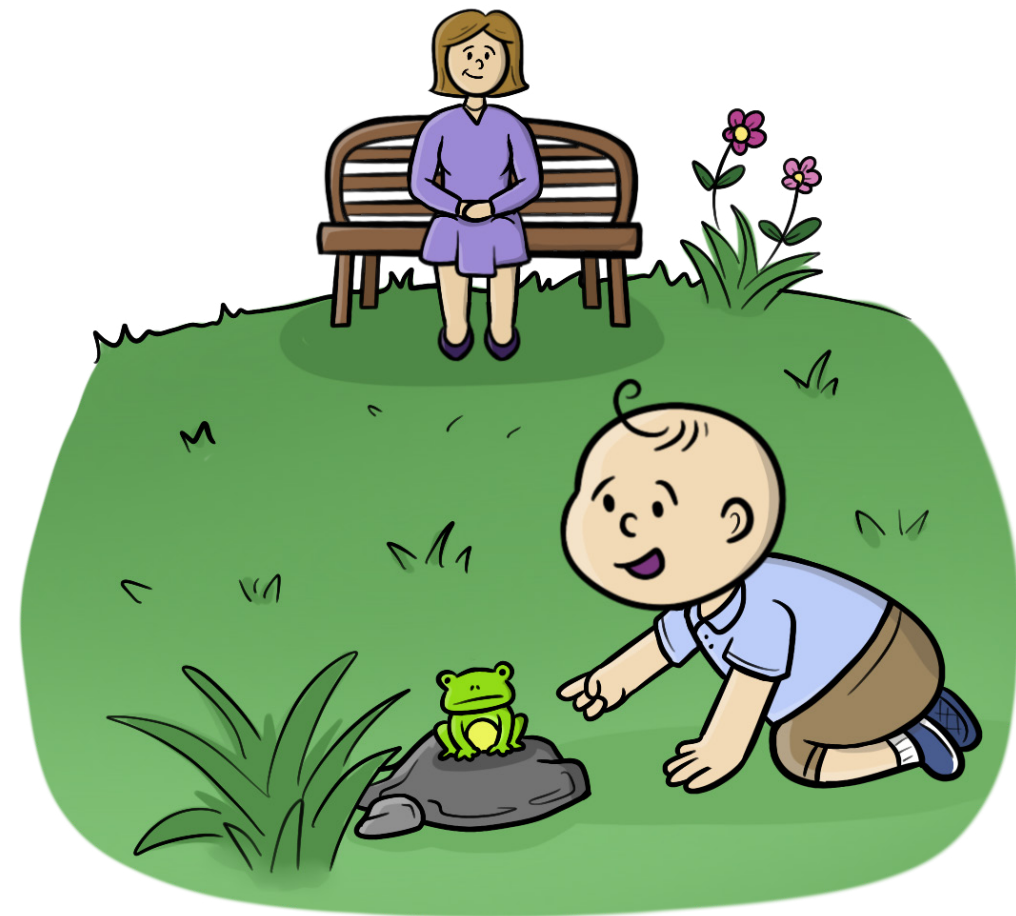
◆ **John Bowlby** (1909 – 1990): Developed **attachment theory**, which states:

1. Attachment is an _____ system that promotes parent-infant bonding, safety, and survival in infants.
2. System gets “activated” based on environmental _____ → novel, unusual, frightening situations.
3. Drives child behavior to ensure _____ to caregivers.
4. Caregivers can serve two roles:

Secure Base

Parent Role: Provide a starting point or “_____” for exploring the world.

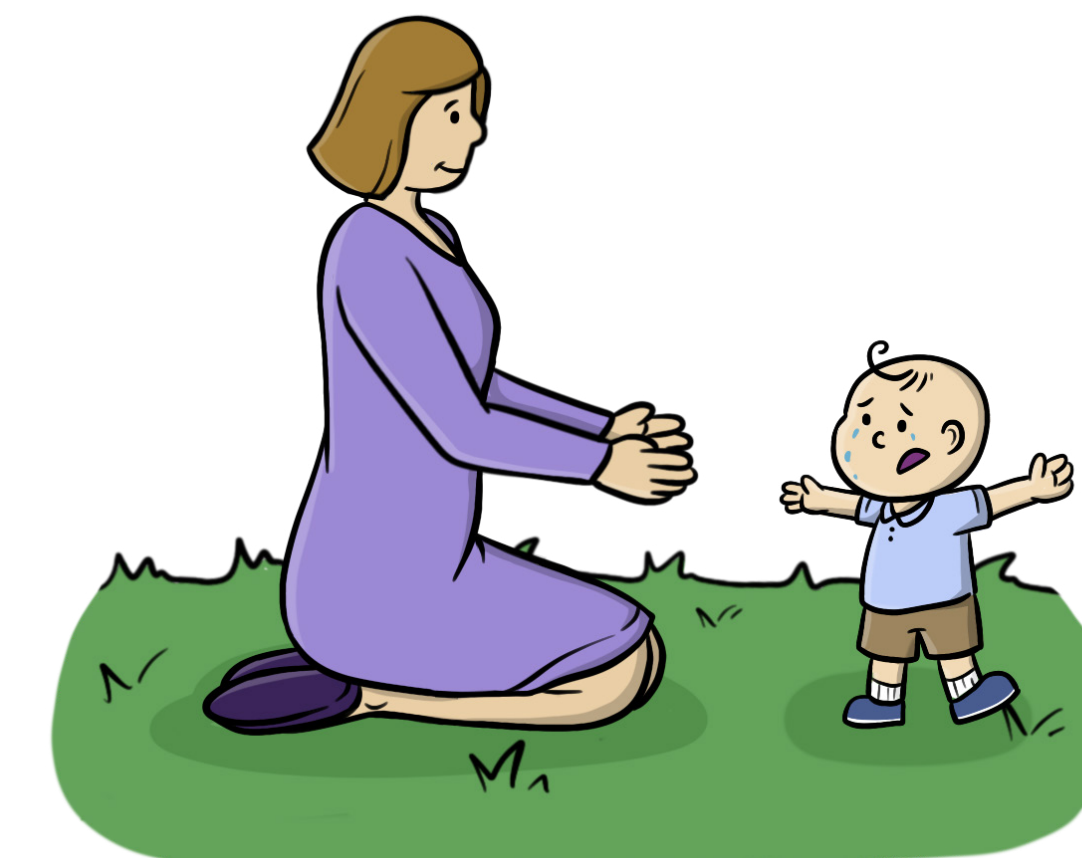
Function: Helps child to gain confidence and independence.



Safe Haven

Parent Role: Offer comfort and reassurance when child is upset or scared.

Function: Physical and _____ safety and security.



◆ **Attachment:** An emotional _____ that forms between children and caregivers, usually established in infancy.

Note: This definition, along with many textbook definitions, doesn't fully represent Bowlby's theoretical stance.

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EXAMPLE

Read the two scenarios below and determine if the caregiver is acting as a secure base or a safe haven.

Scenario 1: Jon takes his 13-month-old daughter to the playground. He stands by a tree and watches her while she walks around and explores. She periodically looks back at him, and he smiles and waves at her each time.

_____.

Scenario 2: Carla and her 11-month-old son, Isaiah, are at a petting zoo. Isaiah is feeding the geese a few feet away from his mom when suddenly one rushes at him, hissing loudly. Startled, he runs back to his mother, and she picks him up and comforts him. _____.

PRACTICE

Which of the following is **NOT** a fundamental part of Bowlby's attachment theory?


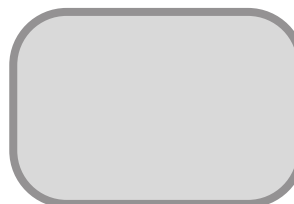
- a) Attachment is an innate, biological system that evolved over time.
- b) The attachment system becomes active in situations that are novel or frightening to the child.
- c) The attachment system evolved to promote healthy moral development.
- d) The attachment system evolved to promote infant safety and survival.

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Attachment Styles and Ainsworth’s Strange Situation

- ◆ **Mary Ainsworth** (1913 – 1999): Children do _____ all have the same attachment relationship with caregivers.
- ◆ Created the **Strange Situation Procedure** – designed to activate the attachment system.
 - Involves a series of separations and _____ with caregiver and a stranger.
 - Aim: See how children respond to both separations and reunions.
- ◆ This procedure has led to the identification of _____ attachment styles:

<p>Secure Attachment</p> <p><u>Separation</u>: Distressed when parent leaves.</p> <p><u>Reunion</u>: Responds positively and is _____ soothed when parent returns.</p>	<p>Avoidant Attachment</p> <p><u>Separation</u>: Not distressed when parent leaves.</p> <p><u>Reunion</u>: _____ parent when they return.</p>
<p>Ambivalent/Resistant Attachment</p> <p><u>Separation</u>: Distressed when parent leaves.</p> <p><u>Reunion</u>: Responds negatively or _____ be soothed when parent returns.</p>	<p>Disorganized Attachment</p> <p>_____ consistent pattern of responses.</p>

-  Secure Attachment Style
-  Insecure Attachment Styles

Note: This procedure does not work in all cultures, but it is considered a valid measurement technique in the U.S.

EXAMPLE

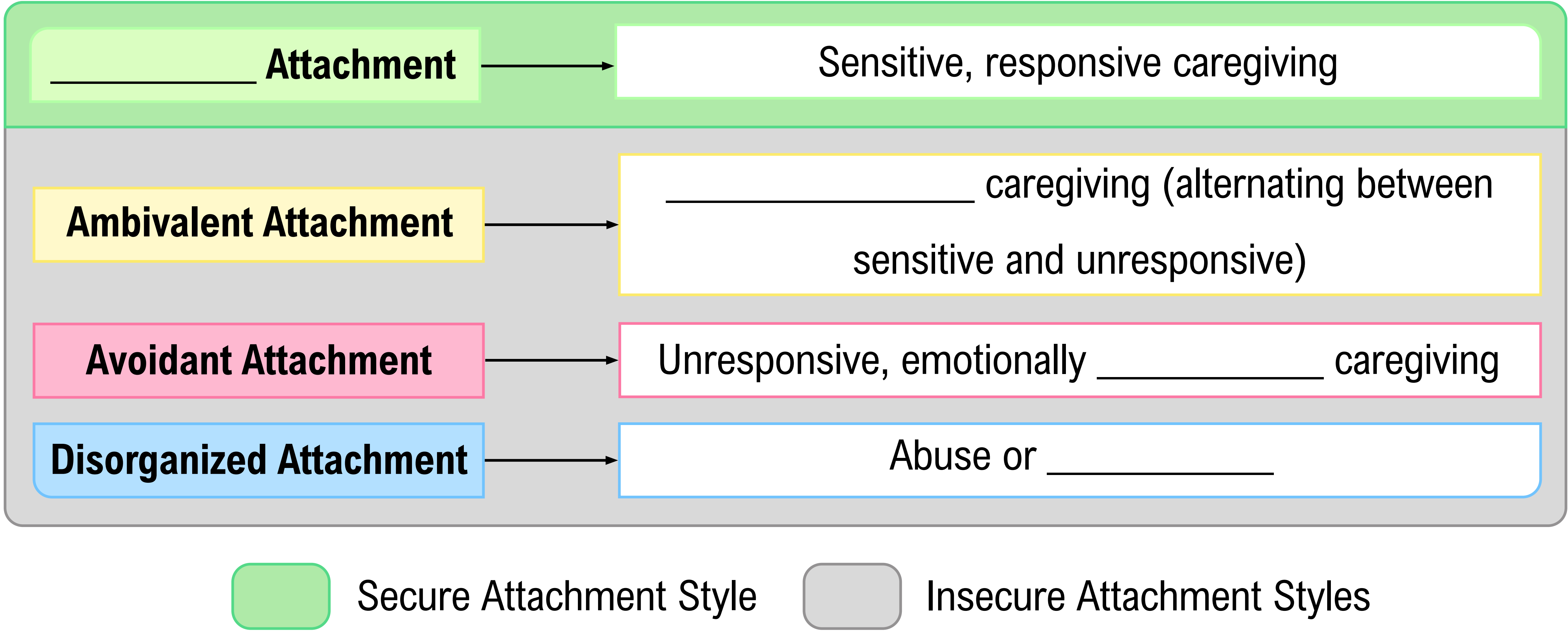
Based on what you understand about attachment styles, classify the following children based on their behavior during the Strange Situation Procedure:

- I. When her mother leaves the room, Ruby doesn’t react. When her mother returns, Ruby doesn’t even look at her and instead plays with a toy. _____
- a) Secure Attachment
b) Avoidant Attachment
c) Ambivalent Attachment
- II. When his mother leaves the room Grayson cries. When his mother returns, he smiles and crawls straight to her and hugs her. _____
- III. When his mother leaves the room Elliot throws himself on the floor and cries. When his mother returns, Elliot continues crying, even when his mother holds and rocks him. _____

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What Determines Attachment Style?

◆ Caregiving is a strong predictor of attachment style:



◆ Child _____ and culture can also impact attachment style.

EXAMPLE

Match the attachment style with the type of caregiving it is most commonly associated with:

- | | |
|----------------------------|---|
| a) Secure Attachment | I. Unresponsive, emotionally distant caregiving |
| b) Avoidant Attachment | II. Abuse or neglect |
| c) Ambivalent Attachment | III. Sensitive, responsive caregiving |
| d) Disorganized Attachment | IV. Inconsistent caregiving |

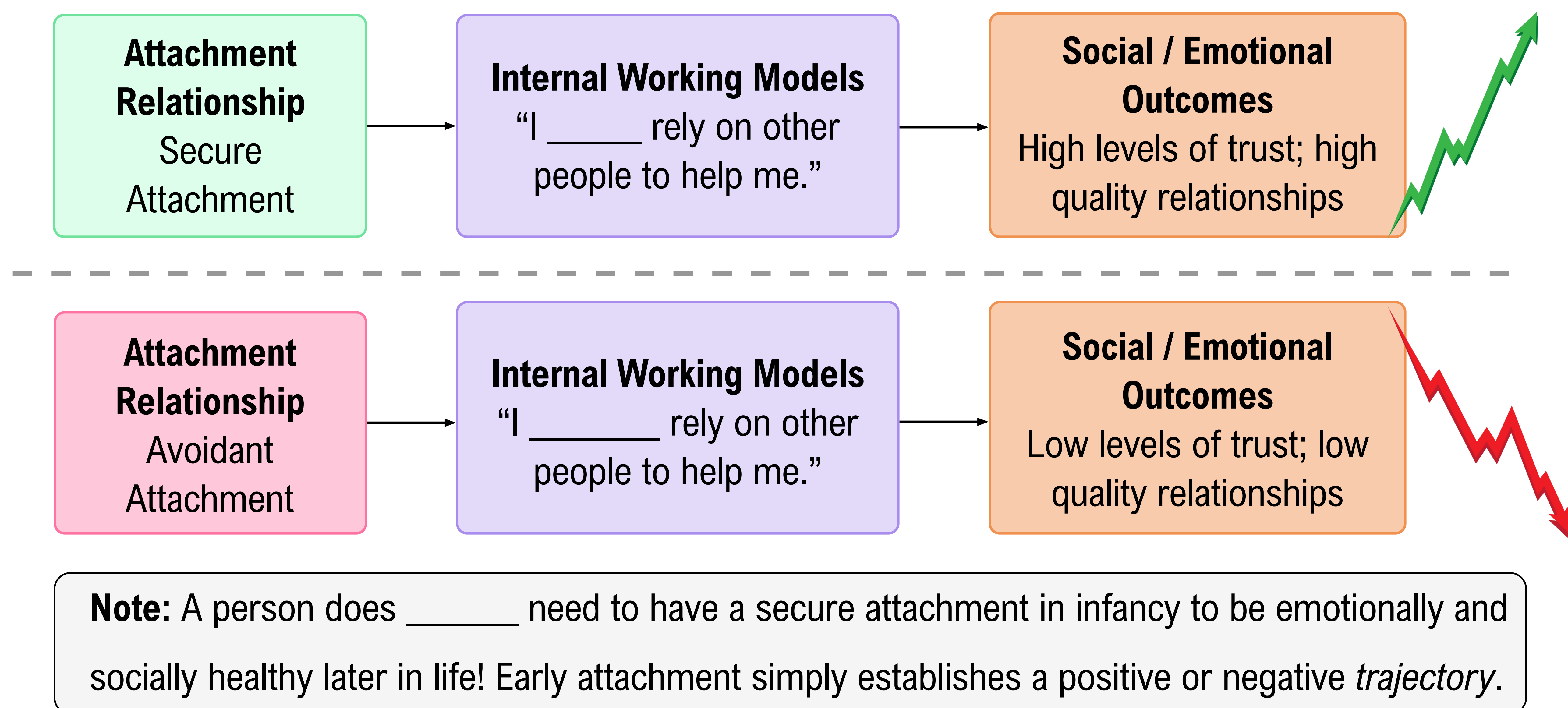
PRACTICE

- True or False: if false, choose the answer that best corrects the statement.
- In addition to caregiving, both temperament and culture can impact attachment style.
- a) True.
- b) False: Child temperament can impact attachment style, but culture is irrelevant.
- c) False: Culture can impact attachment style, but child temperament rarely has an effect.
- d) False: Neither temperament nor culture have been associated with attachment style.

TOPIC: ATTACHMENT

Why Does Attachment Matter?

- ◆ Attachment has been linked to _____ and emotional outcomes from infancy – adulthood.
 - Secure attachment is consistently linked to _____ outcomes than insecure attachment
- ◆ Early interactions with caregivers lead to the development of *internal working models*.
 - **Internal working models:** Cognitive representations (schemas) of _____, others, and relationships.



EXAMPLE

Attachment has a life-long impact because it leads to the development of _____, which impact social and emotional outcomes throughout life.

- a) Cognitive dissonance.
- b) Attachment schemas.
- c) Internal working models.
- d) External working models.

PRACTICE

Within the United States and similar cultures, which attachment style is most commonly associated with the best social and emotional outcomes?

- a) Secure attachment.
- b) Avoidant attachment.
- c) Ambivalent attachment.
- d) Disorganized attachment.