Attachment

Introduction to Attachment
50 Word Summary

Task: Write a summary of what you have learnt today in EXACTLY 50 words. You must include all of the following key words/terms:

- Attachment
- Emotional Tie
- Reciprocal
- Nature
- Nurture
- Learning Theory
- Bowlby’s Theory

Full Lesson PowerPoint Key
- Green = Key Word or Researcher
- Blue = Question / Discussion
- Purple = Task / Activity

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Lesson Objectives:

- To **define** the term **attachment**.

- To **compare/contrast** different theories of attachment, including:
  - Learning Theory
  - Bowlby’s Theory
Introduction to Attachment

- Task: Watch the following video and consider the following questions:
  - What is meant by the term ‘attachment’?
  - According to Dr Atkinson, why do babies form attachments?
What are Attachments?

- **Task:** In pairs, write a definition of the word ‘attachment’ on a mini-whiteboard.

- An **emotional tie** between two people, usually a mother and a child.

- The relationship is **reciprocal** (shared).

- **Question:** Do attachments only form between parents and their children? Can you think of another example of attachment.
Attachment Behaviours

Task: On the same mini-whiteboard, write down what behaviours we can see when two people are attached to one another.

Possible factors include:

- Seeking proximity (closeness)
- Distress on separation
- Joy on reunion
- Person used as safe base to explore world

Attachment Behaviours
Explanations of Attachment

- Task: As a table, decide whether you think the ‘nature’ or ‘nurture’ view is correct. Be ready to justify your decision.

Learning Theory

Nurture
Babies learn to form attachments.

Bowlby’s Theory

Nature
Babies are born with an innate instinct to form attachments.
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Attachment

Bowlby’s Theory
Natural Selection

- **Question:** What is meant by the term *natural selection* and can you explain how these terms might apply to attachment?
Bowlby’s Theory of Attachment

Lesson Objectives

- To outline Bowlby’s theory of attachment, including the concepts of:
  - Adaptive
  - Social Releasers
  - Critical Period
  - Monotropy
  - Innate Programming

- To evaluate Bowlby’s theory by examining a range of research.
Bowlby’s Theory - Background

- Bowlby takes an evolutionary perspective: He [Bowlby] believes that infants are born with an innate tendency to form attachments in order to increase their chances of survival.
Bowlby’s Theory

Adaptive
Social releasers
Critical period
Monotropy
Internal working model

There are five key words associated with Bowlby’s theory, including: adaptive, social releasers, critical period, monotropy and internal working model.

Task: In groups, come up with a mnemonic to help you remember A,S,C,M,I.
Bowlby’s Theory

- Task: We will now discuss each part of Bowlby’s theory. As we discuss each part, make notes on your handout.

- The word ‘note’ does not mean copy all of the text on the next 5 slides!
Bowlby (1958) – Adaptive

- Attachments are **Adaptive**.

- According to Bowlby, forming an attachment helps to ensure the survival of a child.

- Attachment give our species an ‘adaptive advantage’, making us more likely to survive.

- This is because if an infant has an attachment to a caregiver, they are kept safe, given food, and kept warm.
Bowlby (1958) – Adaptive

Task: In pairs write down any behaviours that babies have in order to survive (adaptive behaviours).

- For example: **Rooting** – an infant’s head turns toward their cheek when stroked and sucking/swallowing reflexes follow, which allow the infant to take in nourishment.

Other behaviours include:

**Breathing**: an infant will move their arms and legs when something covers their face to protect their oxygen intake.

**Body temperature**: infants can maintain their body temperatures by shivering and tucking their legs into their bodies to stay warm. To cool off, they will automatically push off blankets and decrease their movement.
Bowlby (1958) – Social Releasers

**Question:** How do these pictures make you feel? What features do all of these pictures have in common?
Bowlby (1958) – Social Releasers

- Babies have **social releasers** which ‘unlock’ an innate tendency in adults (in particular mothers) to care for them.

- These social releasers are both:
  - **Physical** – the typical ‘baby face’ features and body proportions
  - **Behavioural** – crying, cooing, smiling
Bowlby (1958) – Critical Period

- Babies have to form an attachment with their caregiver during a critical period.
- This is between birth and 2½ years old. Bowlby said that if a child doesn’t form an attachment during this time then the child would be damaged socially, emotionally, intellectually and physically.
Bowlby (1958) - Monotropy

- Bowlby believed that infants form one very special attachment with their mother. This special, intense attachment is known as monotropy. If the mother isn’t available, the infant could bond with another ever-present adult mother-substitute.
Bowlby (1958) – Internal Working Model

- Through the monotropic attachment, the infant would form an **Internal working model**.

- This is a special model for relationships. All the child’s future adult relationships will be based on their early attachment relationship.
Bowlby (1958)

- Task: You have three minutes to compare your notes with the people on your table.

- Task: Then as a table, decide whether you think the ‘nature’ or ‘nurture’ view is correct. Have you changed your view? If so, why?
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Introduction to Attachment

Task 1: As you watch the video, consider the following questions:
  1. What is meant by the term attachment?
  2. According to Dr Atkins, why do babies form attachments?

Defining Attachment

Attachment Behaviours

Learning Theory

Bowlby’s Theory

Nurture
Babies learn to form attachments.

Nature
Babies are born with an innate instinct to form attachments.

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Bowlby’s Theory of Attachment

Task: As we discuss each part of Bowlby’s theory, make notes in the space below.

<table>
<thead>
<tr>
<th>Key Term</th>
<th>Explanation of ASCMI?</th>
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<tbody>
<tr>
<td>A</td>
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<td>I</td>
<td></td>
</tr>
</tbody>
</table>

Question: How do these pictures make you feel? What features do all of these pictures have in common?