



LCHS4010
Psychology in Health and Social Care

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Acknowledgement of the use of AI tools

I confirm that I have **not** used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work.

Overview

- Introduction
- Bowlby's Attachment Theory
- Key Concepts
- Key Concepts in areas of development
- Application to Amira's Scenario
- Strategies in Nursery
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- Conclusion
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Introduction

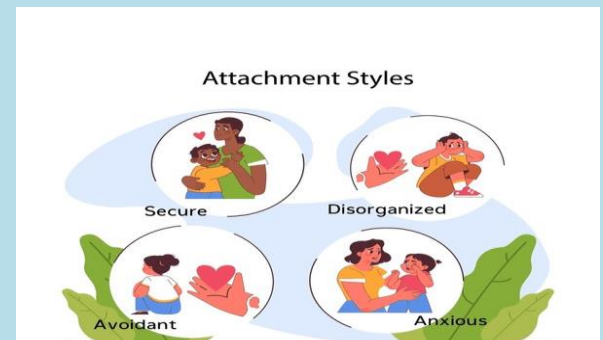
- Amira is a 3-year-old newly enrolled in a nursery, she shows separation anxiety, she has limited verbal communication and has difficulty engaging in group play
- The one selected theory is the Bowlby Attachment theory
- Aim of this PowerPoint is to explore how my chosen theory relates to the different developmental areas of a child and its relation to Amira's scenario.



Bowlby's Attachment Theory

- Bowlby's attachment theory is a psychological framework that explains deep emotional bonds between humans
- Focuses on the bond between infants and their primary caregiver
- Secure attachment supports emotional & social development, providing a safe space for the child
- Separation anxiety causes distress which is normal when attachment is disrupted.
- Internal working model based on early attachment experiences

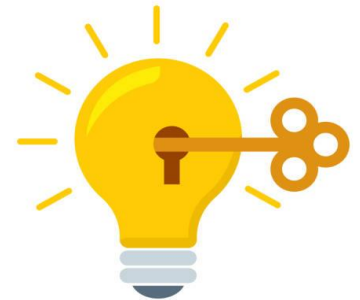
(Bowlby, 1969)



Key Concepts

- **Secure base:** A dependable caregiver provides comfort, security, and confidence for the child to explore.
- **Critical period:** Bowlby believed that the first few years (especially before age 3) are essential for forming strong attachments.
- **Long-term impact:** Secure attachments contribute to healthy relationships, self-esteem, and emotional resilience later in life.
- **Insecure attachments** may lead to difficulties with relationships, behaviour, and emotional regulation.

(Bowlby, 1969)



Key Concepts in areas of development

- A secure attachment helps with the personal, social and emotional development of a child. For example, confidence, self esteem, building positive relationships with others and how to regulate emotions.
- It also helps with communication and language development. For example, when caregivers respond to a child's cry and gestures, the child learns communication is effective
- They develop strong language skills through conversations and eye contact

(Howe, 2011)



Application to Amira's scenario

- Amira showcases separation anxiety when her carers leave, it shows she has not yet established a secure attachment with her primary caregiver and is impacting her interaction with nursery staff.
- Limited verbal communication can reflect emotional distress or uncertainty in the new environment.
- Amira's difficulty engaging in group play indicates she may still be seeking reassurance from her caregivers and may not be confident enough to explore social settings.
- Amira needs more support to form a trusting bond at the nursery

(Ainsworth, 1978)

Strategies in Nursery

- Key person approach – assign consistent caregiver to build trust and emotional support. (Department for Education, 2023)
- Gradual settling-in routine to increase separation time
- To provide warm comfort and responsive communication
- Support language through play
- Model social interactions & small groups
- Work closely with parents to share strategy

(Allen, 2011)



Nature & Nurture

Nature:

- Traits we are born with like brain development, temperament, physical and genetic makeup inherited from parents.

(Howe, 2011)

Nurture:

- Relations like parents and carers
- Language exposure from your environment
- Social and educational settings

They both shape development together



Critical Evaluation

Strengths:

- Understanding early emotional needs
- Supports early Intervention
- Influences safeguarding a policy like the children Act (Department for Education, 2023)

Limitations:

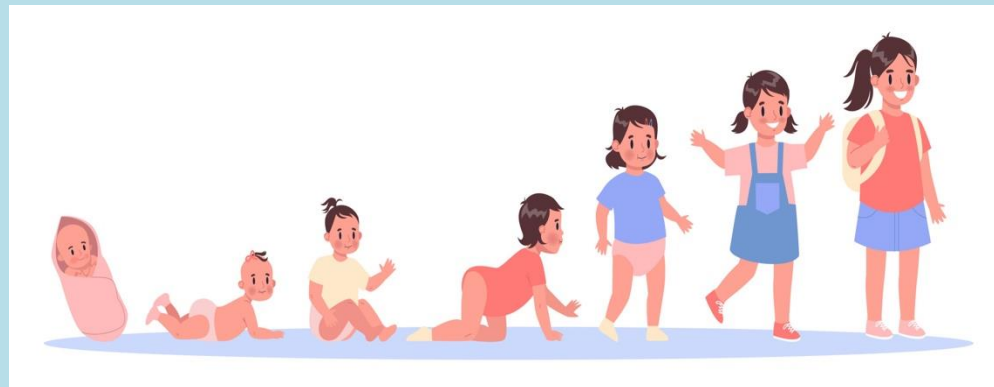
- Focus on mother figure as primary caregiver
- Cultural differences as many cultures have extended family or community caring for their children
- Anxiety not always attachment-related and underestimates resilience and adaptability

(Bowlby, 1969; Ainsworth et al., 1978)

Conclusion

- Bowlby's theory is useful and highlights the crucial role early relationships play in shaping emotional, social and cognitive development.
- Nature and nurture also work together to influence a child's outcome
- The theory has limitations and can be applied alongside other broader developmental practices.

(Bowlby, 1969; Ainsworth et al., 1978)



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