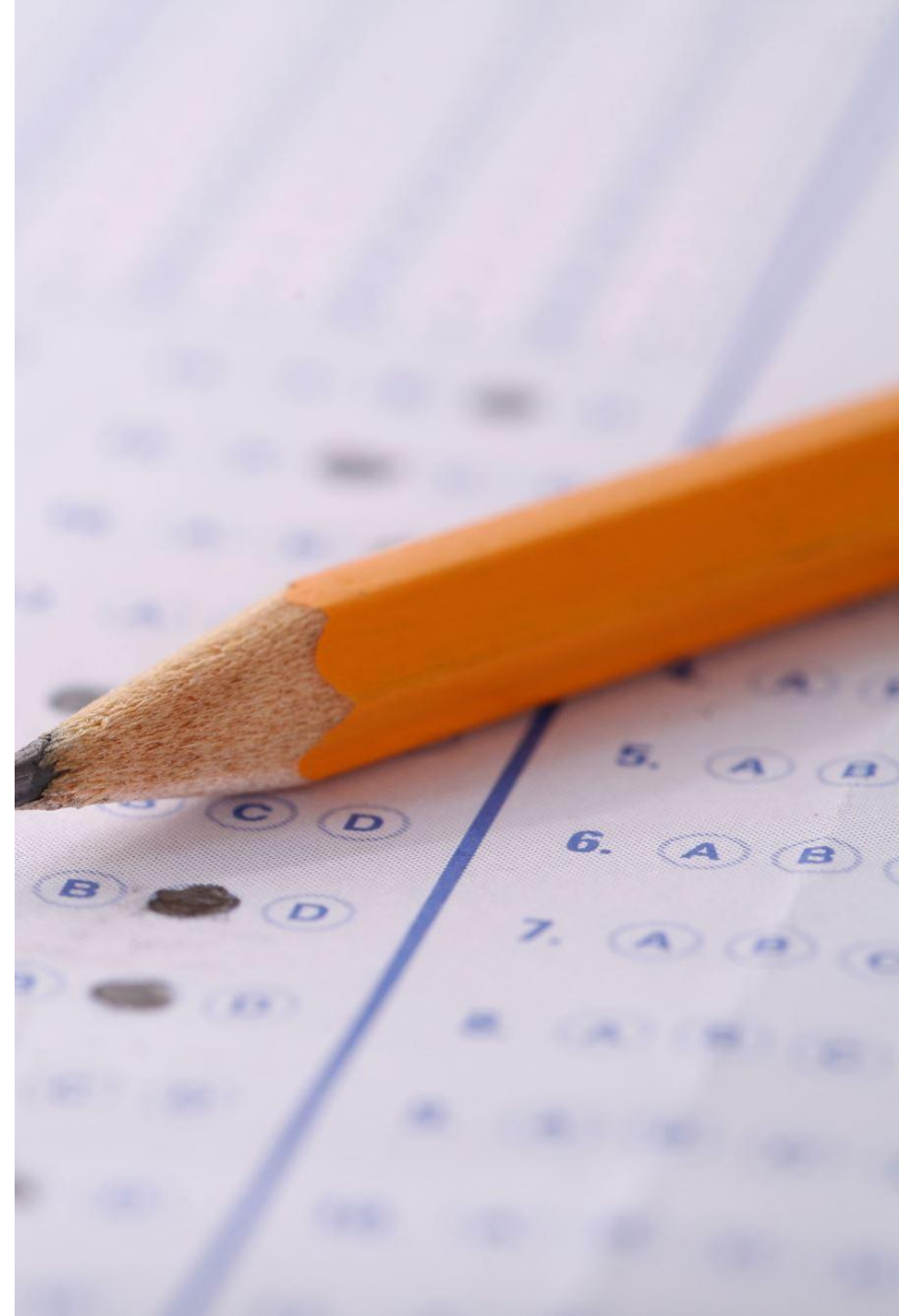

ASSESSMENT 1

- Module title: Psychology in health and social care
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ACKNOWLEDGE OF USE OF AI

- I confirm that I have used AI tools for proofreading and design on powerpoint. On 16th of November 2025.
- I confirm that I have not presented any AI generated materials as my own work.

INTRODUCTION

- Amira is a 3 year old new nursery child
- Selected theory: Bowlby's Attachment theory

JOHN BOWLBY'S ATTACHMENT THEORY

- Proposed by John Bowlby (1969)
- Attachment is innate and supports survival
- Infants seek proximity to caregiver
- Emotional security
- Early experiences shape future relationships

KEY ELEMENTS OF ATTACHMENT THEORY

- Secure base: caregiver provides safety for exploration
 - Internal working model: early relationships shape future expectations
 - Preference for one main attachment figure
 - Critical period: first 5 years of life are crucial for attachment
 - Child stays close to caregiver
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AINSWORTH'S ATTACHMENT STYLES(1978)

- Secure attachment: comforted easily, confidence

Children show trust in their caregiver, they explore freely when the caregiver is present

Insecure avoidant: children tend to avoid closeness and may appear emotionally distant, they usually show little distress when the caregiver leaves.

Insecure resistant: children are highly distressed and clingy by separation, they may be struggling to settle when the caregiver returns.

HOW ATTACHMENT THEORY EXPLAINS AMIRA'S BEHAVIOUR

- Anxiety during separation from carers
 - Difficulty expressing needs
 - Hesitance in group play
 - Insecurity in new environments
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SUPPORTING AMIRA: ATTACHMENT INFORMED STRATEGIES

- Assign a key person
 - Build predictable routines
 - Comfort item
 - Emotion coaching and naming objects
 - Gradual separation plan
 - Extra support for communication
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BIOLOGICAL AND ENVIRONMENTAL INFLUENCES ON AMIRA

- Temperament
 - Emotional regulation ability
 - Unfamiliar routines
 - Recent transition to nursery
 - Communication challenges
 - Quality of caregiver response
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STRENGTHS OF ATTACHMENT THEORY

- Explains separation anxiety well which is one of Amira's main behaviours
- Highlights importance of sensitive caregiving which is exactly what Amira needs
- Supports key person approach and it also helps the staff to identify children like Amira
- Bowlby's theory is supported by decades of research meaning is reliable and evidence-based

WEAKNESSES OF BOWLBY'S THEORY

- The theory has limitations one of it is that the idea of monotropy may not fit Amira's situation if she has several caring adults.
 - The theory does not fully account for cultural differences, many cultures encourage children to form attachments with multiple adults, therefore Amira can also recover from early insecurity
 - Amira's behaviour may not be due only to attachment, new-environment anxiety can also influence her behaviour
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CONCLUSION

- In conclusion, Bowlby's attachment theory provides a strong foundation for understanding why Amira shows separation anxiety and struggle playing with the group. Interventions such as predictable routines, emotional coaching, a key person, and a gradual separation plan can support her development. Although attachment theory is useful it also has its weaknesses and should be seen altogether with the other influences like a child's temperament and communication.
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