



Psychology in Health and Social Care

LCHS4010

Assessment 1: Individual presentation

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USE OF AI.

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Psychology & Developmental psychology

- *Psychology* – The study of mind and body (BPS,2023)
- *Developmental psychology* – branch of psychology which focuses on human growth, change and adaption over the course of their lives

Each child is unique, however each children should reach certain milestones as they grow up and develop. With developmental psychology we can predict each stage. (Brown T.L.;Beran M. 2007)

Early childhood (3-5)- Amira

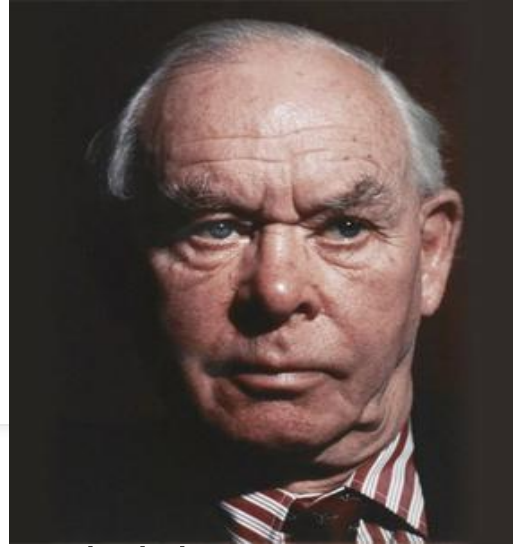
Amira (3 y.o.) -

- *Experiencing anxiety when separated from carers*
- *Limited speech*
- *Avoids group activities*

Early childhood (3-5)

- *Early childhood-*
- Increased interest in social activities
- More independent and experiencing less anxiety but some is still persistent at the age of 3
- Able to join longer sentences together
- Want to start playing with other children

John Bowlby (1907-1990)



British psychologist and psychoanalyst, known for his interest in children development and their attachment patterns

Bowlby's attachment theory emphasizes on the importance of children's early bonds with their caretaker (Mcleod, S. 2025)

John Bowlby's attachment theory

- Humans are biologically programmed to form attachments to survive, the quality of our attachments affect how we develop (Bowlby, 1979)
- Children will reach out to the caregiver in the times of distress (Bowlby, 1979; Harlow, 2019)
- It affects how children grow up and how they deal with stressful situations

Critical evaluation of Bowlby's attachment theory

Critique of Attachment Theory

- Strengths
 - Explains development in social relationships
 - Enables predictions about subsequent social relationships
 - Provides information about specific interventions that can improve social functioning
- Weaknesses
 - Only comparative cross-cultural research has been conducted
 - Does not well predict behavior in cultures where children have more than one primary caregiver

Applying Bowlby's attachment theory to Amira's development and strategies

- *Playing with child one to one -> introducing her to social activities*
- *Providing a key caretaker-> helping to manage stressful emotions*
- *Gentle communication, encouragement system-> boost her confidence and curiosity*
- *Routine to create safety - helping to adjust to change faster*



Nature and Nurture

Nature- natural predisposition or a genetical makeup of a person
(Sravanti, L. 2017)

Nurture- physical world that influences a person (Sravanti, L. 2017)

Amira's development shows, that her nature and nurture reflects both, her natural traits (sensitivity and shyness) and her nurture (key- person, individual play)



Conclusion

- Amira's development shows John Bowlby's key attachment theory's elements
- By recognising her stage of development, you can create an according plan to support her
- Development is shaped by both – nature and nurture.

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