



Supporting Amira's Development through Bowlby's Attachment Theory

Content:

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 - **Date: week commencing 13/10/25**
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Purpose of the Presentation

The purpose of this presentation is to explain Bowlby's Attachment Theory and show how it helps us understand and support Amira's emotional, social, and cognitive development in the nursery setting.

- Content:
 - • Amira is years old, new to nursery
 - • She is showing anxiety when she separated from carers
 - • Has Limited verbal communication
 - • Difficulty joining group play
 - • Aim: Apply a psychological theory to understand and support Amira's development



My Chosen Theory: Bowlby's Attachment Theory

- **1.** Explanation of the theory and key concepts
- John Bowlby's Attachment Theory (1969, 1988) focuses on the importance of a strong emotional bond between a child and their primary caregiver – usually the mother – during the early years of life. Bowlby proposed that children are biologically predisposed to form attachments because these bonds ensure survival and provide a secure base for exploring the world.



Relevance to Early Years Development

- *Why Attachment Matters in Early Childhood*
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- Content:
 - • Supports emotional regulation and resilience
 - • Encourages social interaction and group play
 - • Promotes language development through responsive communication
 - • Provides a sense of security needed for exploration and learning



Understanding Amira through Attachment Theory

- - Application to Amira
- Content:
 - Separation anxiety: Sign of insecure or developing attachment
 - Limited speech: May reflect emotional distress or fear
 - Social withdrawal: Insecurity reduces confidence in play situations
 - Indicates need for consistent, responsive relationships



Supporting Amira's Development in Practice

- 1. Key person system – assign one practitioner to build consistent trust
- 2. Gradual separation plan – short, predictable routines for drop-off
- 3. Emotion coaching – name and validate feelings
- 4. Comfort items – allow familiar objects from home
- 5. Partnership with parents – regular updates and shared routines



Biological and Environmental Influences

- • Nature: Temperament, emotional sensitivity, neurological factors
- • Nurture: Caregiver consistency, family environment, nursery relationships
- • Interactionist perspective: Both shape development – nurturing environments can buffer biological vulnerabilities



Evaluating Bowlby's Theory

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- Content:
- Strengths:
 - Evidence-based (Ainsworth's research supports it)
 - Practical for early years settings
 - Highlights emotional needs as basis for learning
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- Limitations:
 - May not consider cultural variations in caregiving
 - Less focus on cognitive and language development
 - Can appear deterministic

- ***Reference List (Harvard Style)***

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Content:

- 1. Bowlby, J. (1969) ***Attachment and Loss: Vol. 1. Attachment.*** London: Basic Books.
- 2. Ainsworth, M.D.S. et al. (1978) ***Patterns of Attachment: A Psychological Study of the Strange Situation.*** Hillsdale, NJ: Erlbaum.
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- 4. Department for Education (2024) ***Statutory Framework for the Early Years Foundation Stage.*** London: DfE.
- 5. Berk, L.E. (2023) ***Child Development.*** 11th edn. Pearson Education.
- 6. Zeedyk, M.S. (2020) ***Attachment in Practice: Building Stronger Families.*** Routledge.