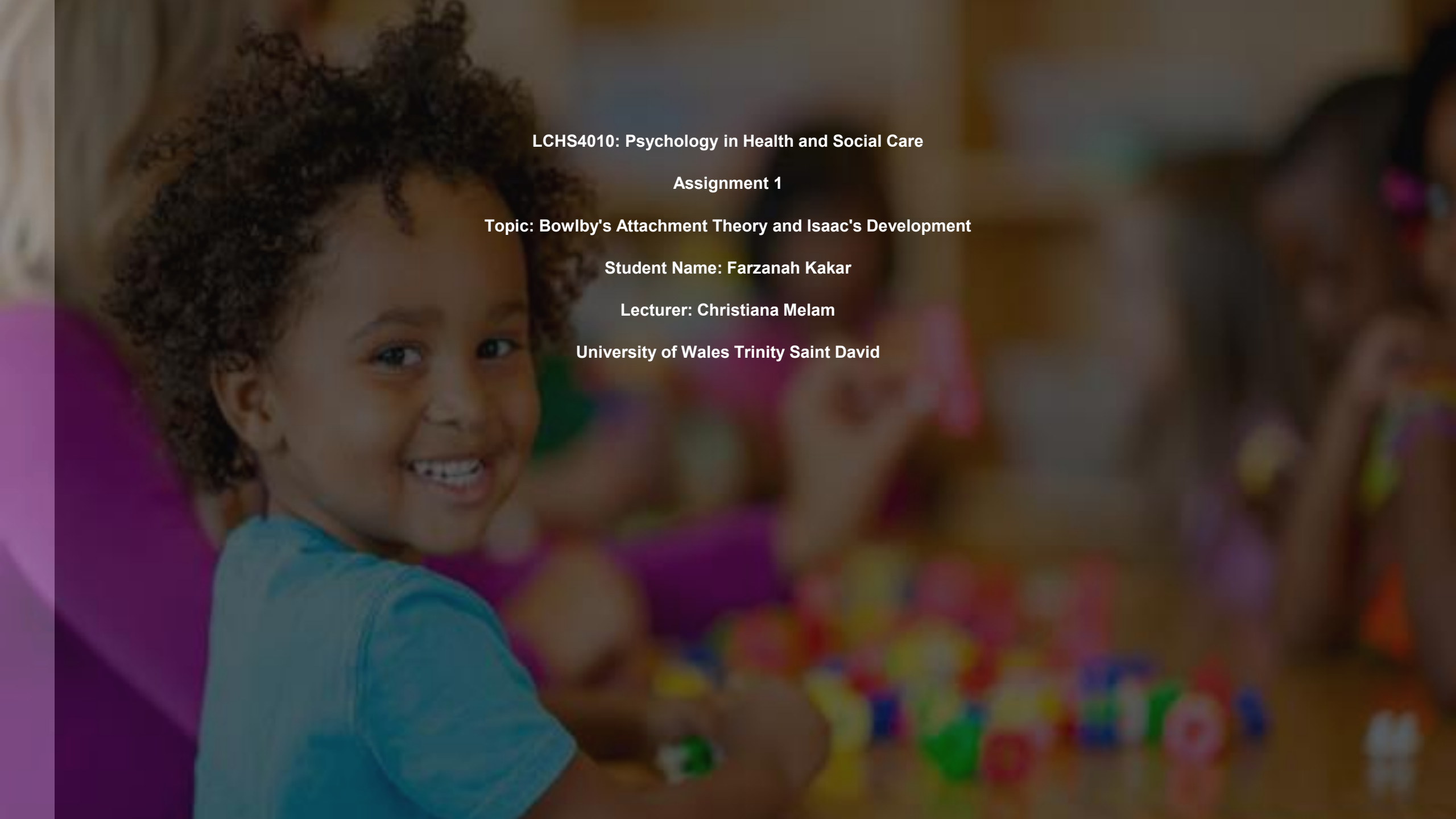


A young child with curly hair is smiling and looking back over their shoulder while playing with colorful blocks on a wooden floor. The background is blurred, showing other children and adults in a playroom setting.

LCHS4010: Psychology in Health and Social Care

Assignment 1

Topic: Bowlby's Attachment Theory and Isaac's Development

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Who is Isaac?

- Isaac is 4 years old.
- He lives with his single mother.
- His mother has post-natal depression.
- The family moved to London.
- Isaac has changed childcare several times.
- He is shy, quiet and finds it difficult to speak and play with other children.

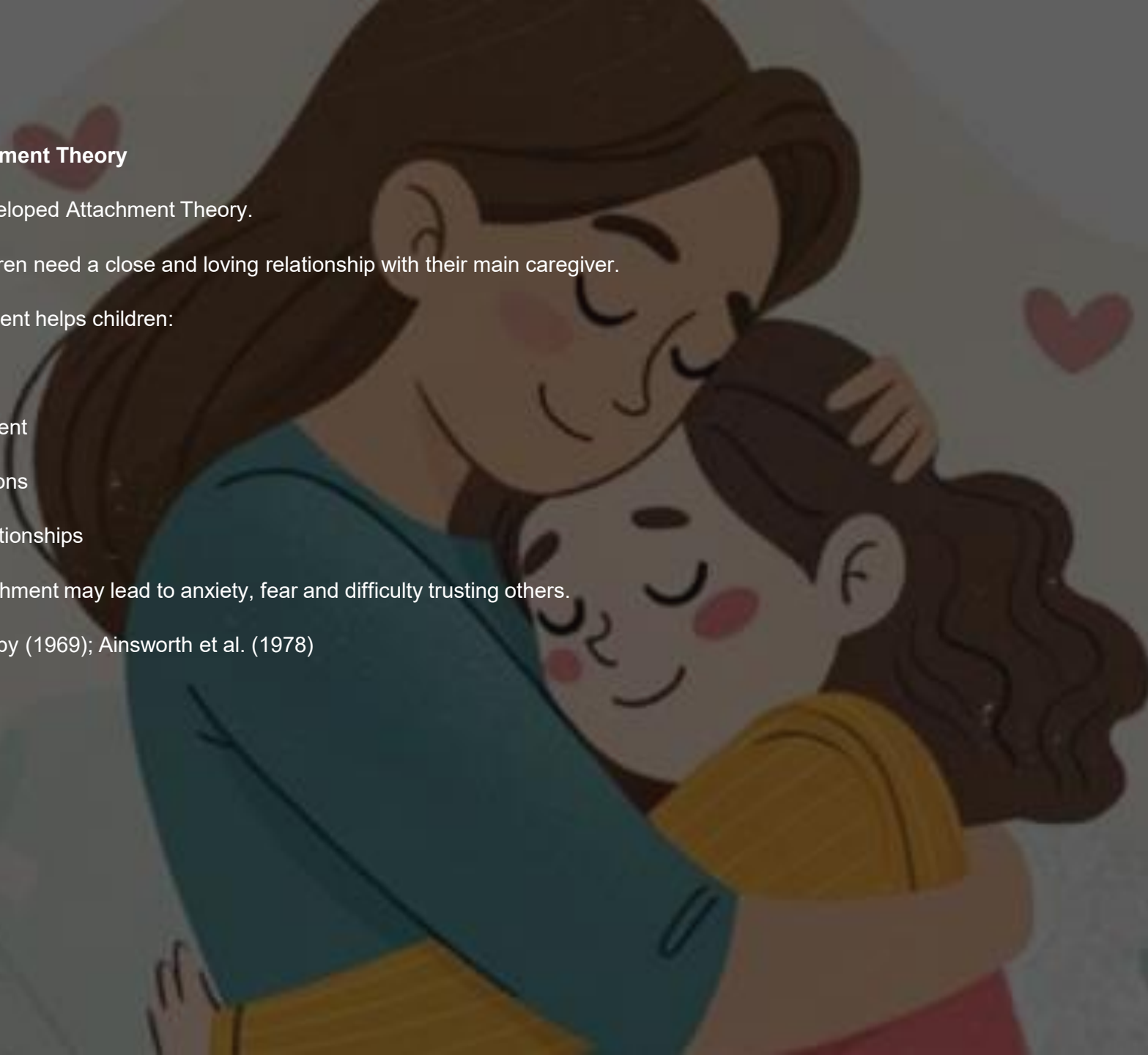
Aim

This presentation explains **Bowlby's Attachment Theory**, applies it to Isaac's situation and suggests ways to support him.

Reference: Bowlby (1969)

- **Bowlby's Attachment Theory**

- John Bowlby developed Attachment Theory.
- He believed children need a close and loving relationship with their main caregiver.
- A secure attachment helps children:
 - feel safe
 - become confident
 - manage emotions
 - build good relationships
- An insecure attachment may lead to anxiety, fear and difficulty trusting others.
- **Reference:** Bowlby (1969); Ainsworth et al. (1978)



- **Applying the Theory to Isaac**

- Isaac's experiences may affect his attachment.
 - His mother's depression may make it difficult to provide emotional support.
 - Moving home caused changes.
 - Changing childcare created insecurity.
 - He becomes upset when separated from his mother.
 - He is quiet and avoids playing with other children.
- According to Bowlby, these experiences may lead to insecure attachment.
- **Reference:** Bowlby (1969)



- **Support Plan**

- The nursery can help Isaac by:

- giving him one key worker
- keeping daily routines the same
- encouraging play with other children
- reading stories every day
- praising small achievements
- supporting his mother
- working with speech and language therapists if needed

- These activities help Isaac feel safe and confident.

- **Reference:** NICE (2021)



A woman with dark hair, wearing a yellow shirt and a lanyard, is kneeling and talking to a young girl with curly hair. The girl is sitting on a white stool, wearing a green sweater and blue jeans. They are in a classroom setting with shelves of toys in the background.

- **Biological and Environmental Factors**

- **Biological Factors**

- temperament
- brain development
- language development

- **Environmental Factors**

- mother's mental health
- moving house
- changing childcare
- limited social support
- fewer opportunities to play with other children
- Both nature and nurture affect Isaac's development.
- **Reference:** Berk (2023)

- **Strengths of Bowlby's Theory**

- Advantages

- Easy to understand.
- Explains children's emotional development.
- Helps teachers support children.
- Supported by research.
- Encourages strong parent-child relationships.

- **Reference:** Ainsworth et al. (1978)

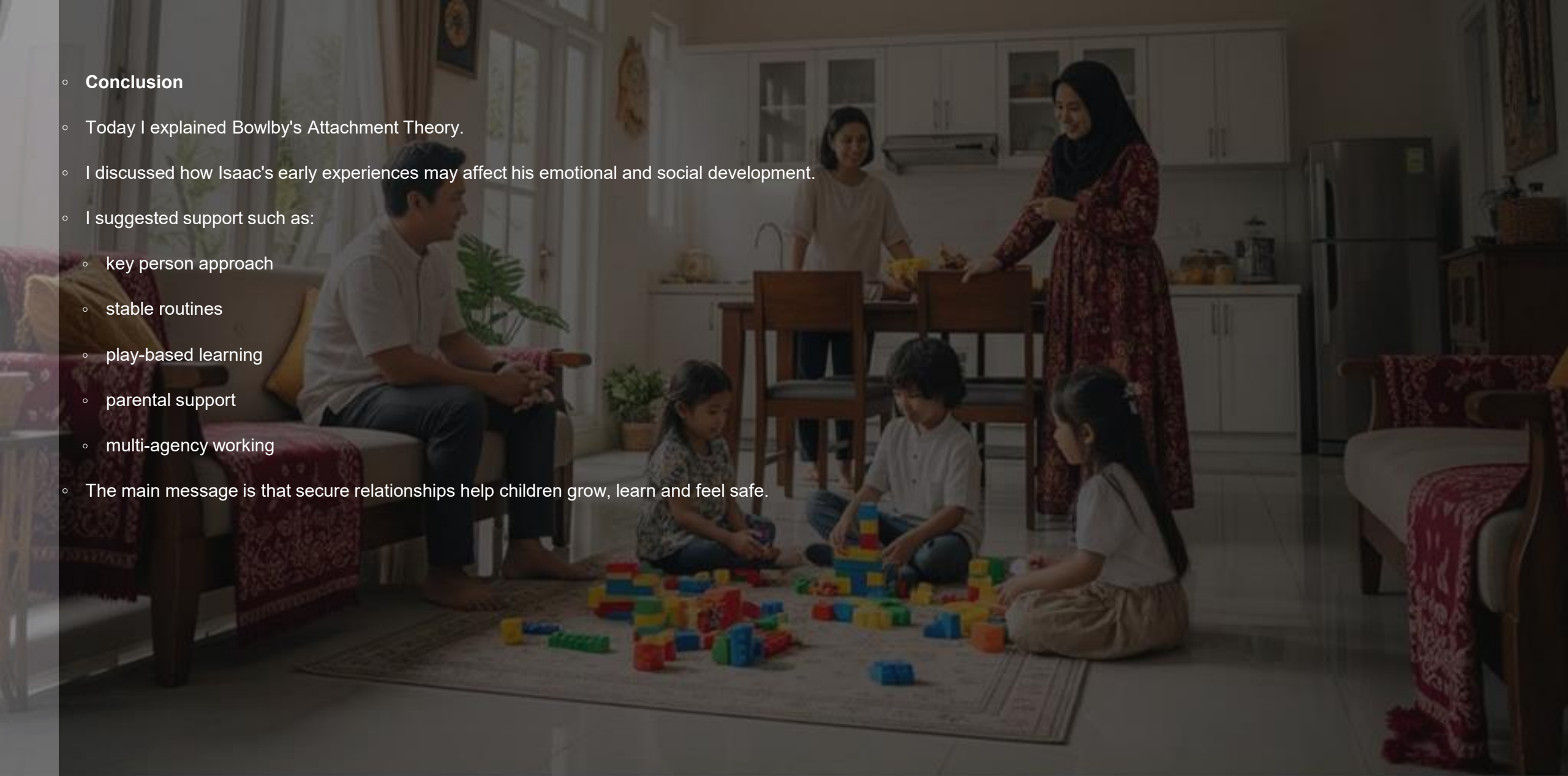


- **Weaknesses of Bowlby's Theory**

- Disadvantages

- Focuses mainly on mothers.
- Does not consider different cultures.
- Does not explain all children's behaviour.
- Some children recover well after difficult experiences.

- **Conclusion**
- Today I explained Bowlby's Attachment Theory.
- I discussed how Isaac's early experiences may affect his emotional and social development.
- I suggested support such as:
 - key person approach
 - stable routines
 - play-based learning
 - parental support
 - multi-agency working
- The main message is that secure relationships help children grow, learn and feel safe.



A family consisting of a father, mother, and young child are seated at a white table. The father is on the left, wearing a dark hoodie. The mother is in the middle, wearing a yellow top. The child is on the right, wearing a white sweater. They are all looking towards a laptop screen. A woman in a white shirt is standing next to the laptop, looking at the screen. The background is a large window with a view of a city skyline.

- **References (UWTSD Harvard Style)**

- Ainsworth, M.D.S., Blehar, M.C., Waters, E. and Wall, S. (1978) *Patterns of Attachment: A Psychological Study of the Strange Situation*. Hillsdale, NJ: Erlbaum.
- Bee, H. and Boyd, D. (2020) *The Developing Child*. 14th edn. Harlow: Pearson.
- Berk, L.E. (2023) *Development Through the Lifespan*. 8th edn. Harlow: Pearson.
- Bowlby, J. (1969) *Attachment and Loss. Volume 1: Attachment*. London: Penguin.
- Bronfenbrenner, U. (1979) *The Ecology of Human Development*. Cambridge, MA: Harvard University Press.

