

Supporting jenny's development using Attachment theory.

Student name: Amoryze Moreno

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Student id:2441010

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Lecturer: Farha Wiita

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Introduction.

- 1) Jenny is 16 years old.
- 2) She has cared for her mother for the past 5 years.
- 3) her father died; he previously provided care.
- 4) jenny supports her mother with cooking, cleaning, shopping, and administrative tasks.
- 5) Her mother has mobility issues, memory problems and low mood.(adds stress and responsibilities).
- 6) Goal: explore impact and purpose and support strategies.(Focus on wellbeing).

What is Attachment theory ?

- 1) developed by John Bowlby (1969). Importance of emotional bonds.
- 2) Focuses on early emotional bonds between children and primary caregivers .
- 3) Secure attachment arises from consistent emotional support. confidence and exploration.
- 4) Insecure attachment arises from unmet emotional needs. Stress, anxiety, difficulty forming relationships.
- 5) Provides a framework to understand how caregiver loss or role reversal may affect development.

Jenny's Experiences and Attachment.

- 1) Father's death= a loss of primary attachment figure.
- 2) Jenny became primary caregiver. Role reversal (adult responsibilities too early)
- 3) May affect emotional regulation and increase stress,
- 4) Reduced opportunities to engage with peers.(social development impact).
- 5) Understanding these effects guides support strategies (why theory matters for interventions).

Nature and Nurture Factors.

- 1) Biological: adolescent brain still developing. (sensitive to stress).
- 2) Temperament and genetics affect coping. (individual differences).
- 3) Environmental: Mothers mobility and memory problems, loss of father, limited social support (external pressures).
- 4) Both nature and nurture shape development (holistic view).

Practical support strategies.

- 1)counselling/ therapy.(grief processing, stress management).
- 2)Young carer support groups (peer connection,reduce isolation).
- 3)School support(flexible deadlines,mentoring, pastoral care.
- 4)social care support / respite services (temporary relief, focus on self).
- 5) Goal: create a “safe base”(Emotional security and resillience).

Critical Evaluation of Attachment theory.

- 1)Strength: explains emotional impact of caregiver loss and early responsibilities.
- 2)Strength: guides emotional support interventions.
- 3)Limitation: Focuses mainly on early childhood (peer influence in adolescence not fully covered).
- 4)Limitation: doesn't address practical/academic pressures outside home.
- 5) Recommendation: combine with adolescent focused frameworks(holistic support).

Summary and implications

- 1) Attachment theory provides insight into jenny's emotional development.
- 2) Explains impact of early caregiving responsibilities on adolescence.
- 3) Suggested interventions: counselling, peer support, school accommodations, respite care.
- 4) Promotes emotional security, social engagement, and overall well being.

Theory= practical support for jenny .

Counselling + peer support + school help = safer, healthier development.

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