

TASK 1: ASSESSMENT COMPONENT 1- INDIVIDUAL PRESENTATION

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Introduction

- Child psychology covers the understanding of the processes required for social, cognitive, physical, and emotional development of children (Panda *et al.* 2021)
- As a practitioner in the nursery setting, it is important to apply the psychological factors properly
- In this study, the application of Bowlby's attachment theory will be discussed and explained in this context



Explanation of the theory

- Bowlby's attachment theory addresses the way early emotional bonds of children shape their emotional and social development (van der Horst, van Rosmalen, and van der Veer, 2025)
- Key concepts of this theory include internal working models, secure and insecure attachment, and responsive and consistent caregiving processes (Robledo *et al.* 2022)
- It is important for early years of childhood to develop communication, confidence, and developing positive relationships



Applying the theory to Amira's situation

- Amira is a 3-year-old child who feels separation anxiety and distress when her carers leave her at nursery
- She conducts limited verbal communication and faces difficulty in group play
- As per Bowlby's theory, Amira needs responsive and consistent relationships to develop trust, social engagement, and confidence (Twohig, Lyne, and McNicholas, 2024)



Practical strategies or interventions

- A consistent key person can be used to support gradual separation and providing emotional security (Granqvist, 2021)
- Implementation of attachment-informed strategies such as predictable routines, warm interactions, and emotion coaching can help
- Developing confidence by modelling language, small-group play, and responsive communication (Fitzgerald, 2021)



Biological and environmental influences

- Amira's response is shaped by brain development, language readiness, and temperament
- Different environmental factors such as routines, caregivers' relationships, and cultural background influence her behaviour
- Nurture and nature interaction is observed to influence her social, emotional, and communication development (Haldane, 2022)



Usefulness and limitations of the theory

- This theory is useful for understanding separation anxiety, emotional security, and developing interventions
- Practical strategies such as predictable routines and key person approach in nursery setting can be developed (Thompson, Simpson, and Berlin, 2022)
- This theory overemphasised the role of primary caregivers, did not address cognitive development, and cultural differences (Stroebe, 2021)



Conclusion

- Bowlby's theory provided the understanding of attachment of a child with her carers
- A responsive and consistent care should be provided to the child to make her feel safe
- Warm interaction and practical strategies are designed to support the child in social development



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Thank
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