

**Programme: Certificate of Higher Education Skills for
the Workplace (Health and Social Care)**

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Assignment Title: Presentation

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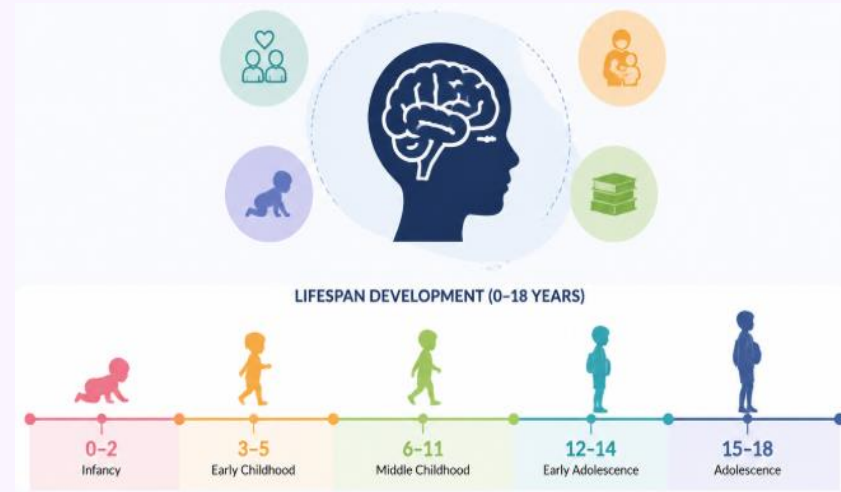


Module: Psychology in Health and Social Care



Attachment Theory and Child Development in Early Years Practice

Psychology in Health and Social Care (LCHS4010)



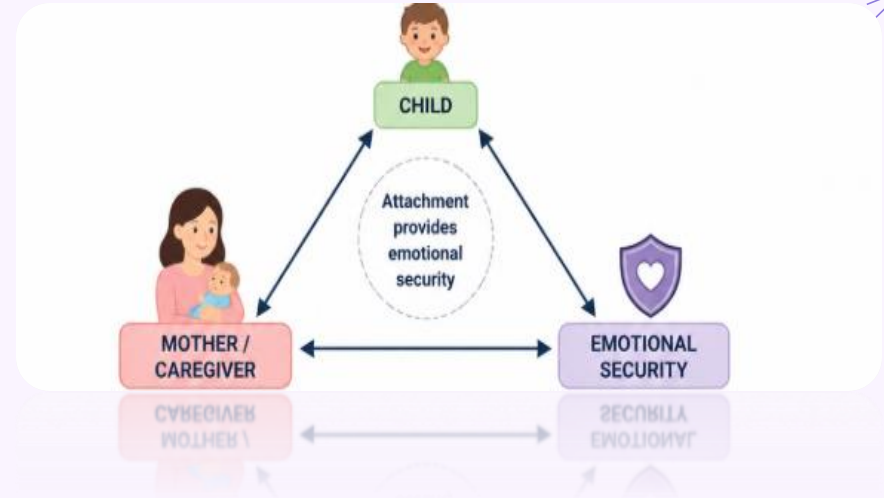
Case Overview

- A child aged 4 in an early years setting
- Signs of separation anxiety and withdrawal
- Delayed language development
- Disrupted early childcare history (Iruka, 2025)
- Maternal mental health challenges



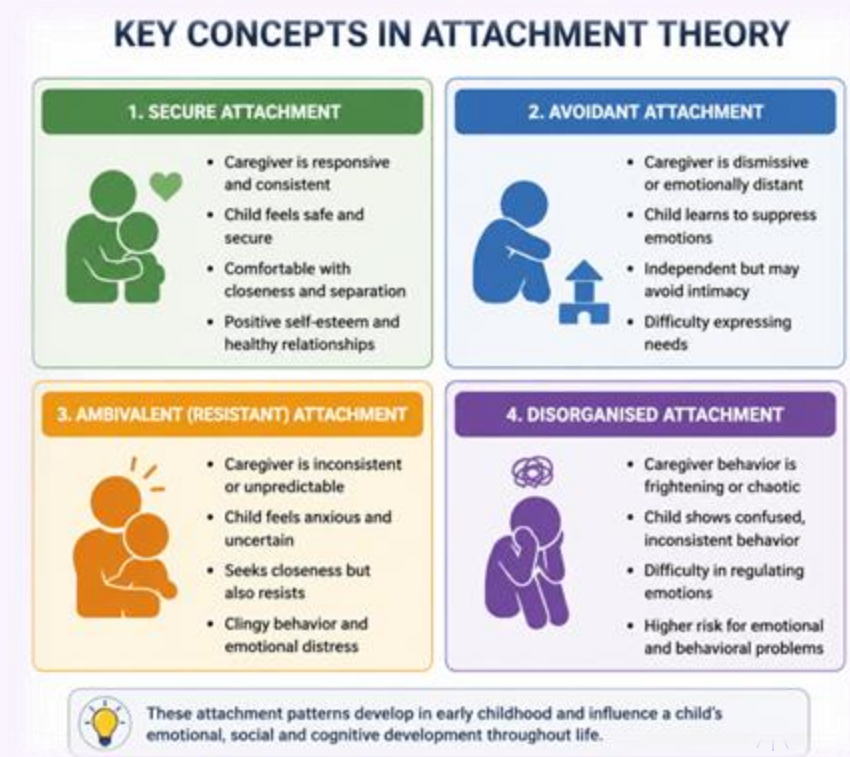
Bowlby's Attachment Theory

- Attachment forms in early childhood
- Emotional bond with primary caregiver
- Foundation for future relationships (Xu, 2022)
- “Internal working model” development



Key Concepts

- Secure vs insecure attachment
- Monotropy (primary caregiver focus)
- Separation anxiety (Diamond and Keefe, 2024)
- Critical period (0–5 years)



Types of Attachment

- Secure attachment
- Avoidant attachment
- Ambivalent attachment (Fuchshuber, Stastka and Unterrainer, 2025)
- Disorganised attachment

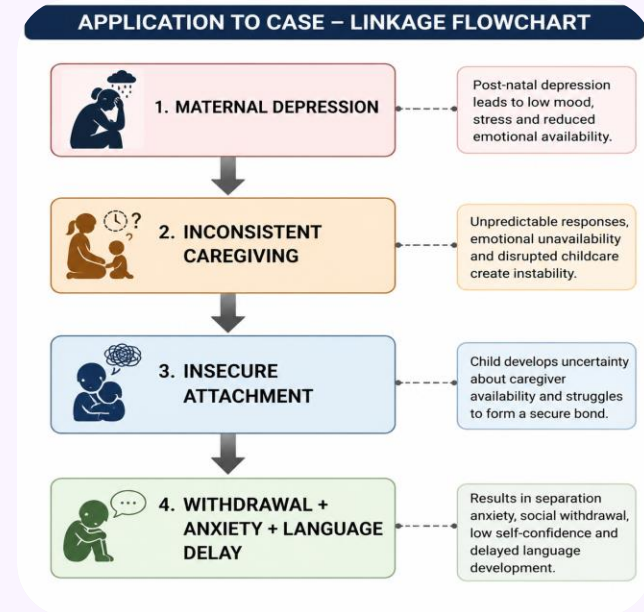
Types of Attachment: Behavioural Responses

Attachment Type	Caregiver Leaves (Child's Reaction)	Caregiver Returns (Child's Reaction)	Overall Behaviour Pattern
 SECURE	 Mild distress, may cry or protest.	 Comforted quickly, seeks closeness, easy to soothe.	Uses caregiver as a secure base. Confident explorer, can manage separation.
 AVOIDANT	 No visible distress, ignores or avoids the caregiver.	 No seeking of comfort, may ignore or avoid caregiver.	Emotionally distant. Independent appearance but may suppress needs. Low expression of emotions.
 AMBIVALENT (RESISTANT)	 Extreme distress, intense crying, protests strongly.	 Seeks comfort but also resists it, clingy, hard to soothe.	Anxious and uncertain. Overly dependent, needs constant reassurance.
 DISORGANISED	 Confused, frozen, or shows odd behaviours.	 Confused behaviours, may approach then withdraw, or show fear.	Lack of clear strategy. Behaviour is inconsistent, confused or contradictory.

💡 These patterns are **early indicators** of how children relate to caregivers and the world around them. They can change with consistent, responsive and nurturing care.

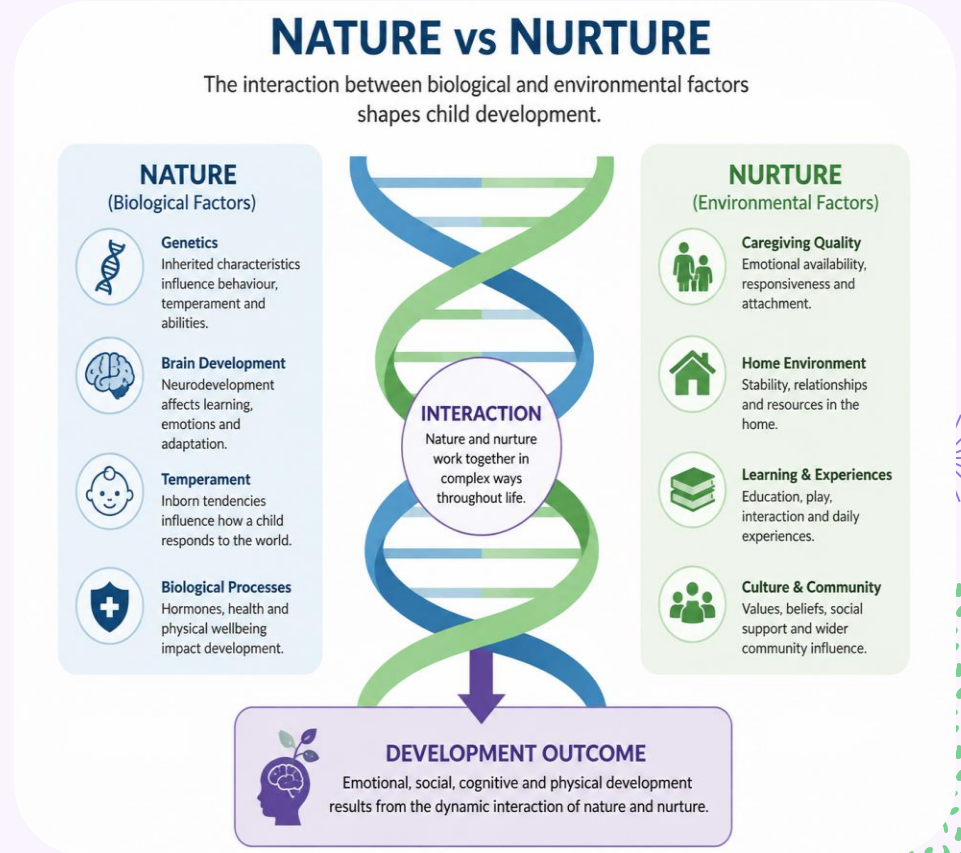
Application to Case

- Inconsistent caregiving experiences
- Emotional insecurity and distress
- Reduced social confidence (Laflamme et al., 2022)
- Possible insecure attachment pattern



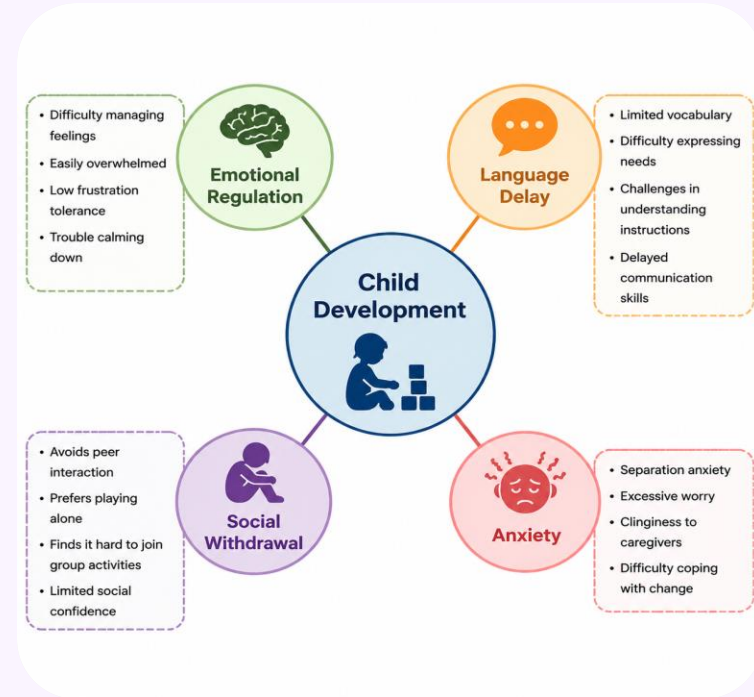
Nature vs Nurture

- Biological factors: temperament, stress response
- Environmental factors: caregiving quality, stability
- Interaction shapes development (Overall, Simpson and Lavner, 2025)



Developmental Impacts

- Emotional regulation difficulties
- Social withdrawal
- Language delay (Kocaman et al., 2025)
- Separation anxiety



Intervention Strategies

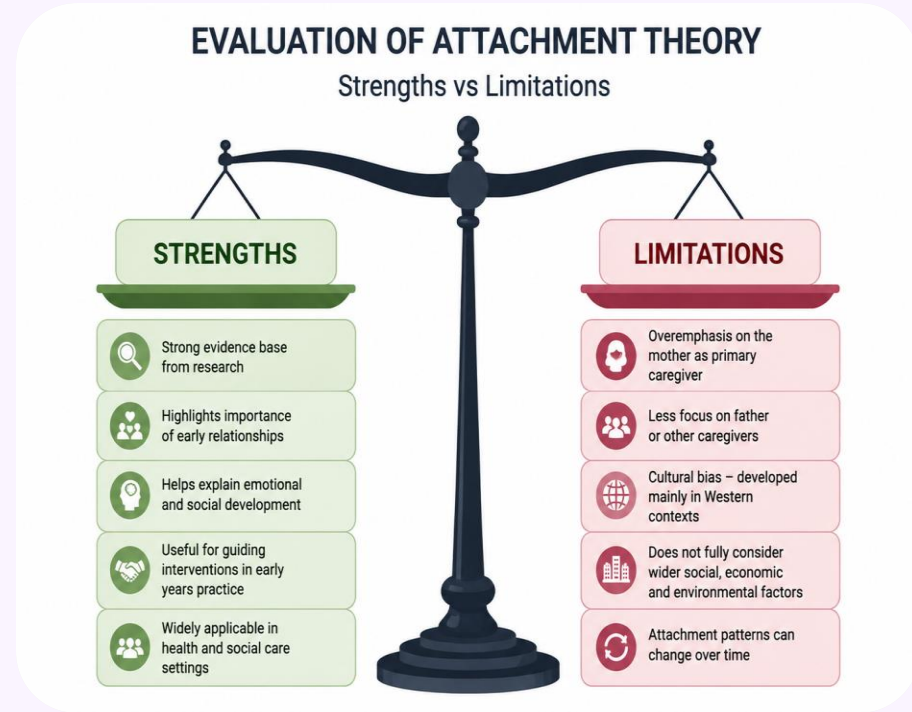
- Key worker / consistent caregiver approach
- Play-based emotional support
- Language-rich environment
- Parental support services (Manditereza, 2025)
- Multi-agency collaboration



Evaluation & Conclusion

- Strength: strong explanation of early attachment
- Limitation: overemphasis on the caregiver alone
- Cultural/context considerations
- Importance of early years practice

Key conclusion



Reference



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