



Module Psychology
in health and social
care

Module code
LCH4010

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Lifespan Development John Bowlbys Attachment theory and Isaacs Development

Introduction

4 years old

Childrens
centre in
london

Single mother

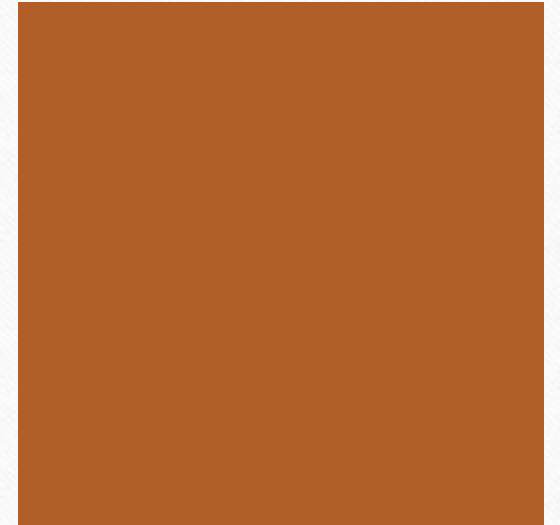
Post natal
Depression

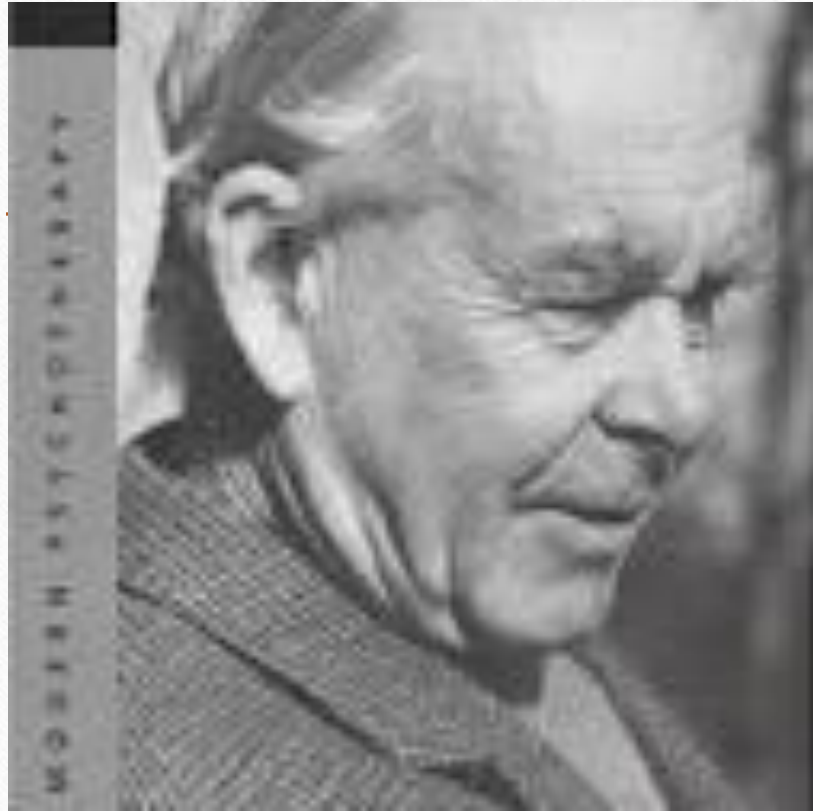
Disrupted
childcare

Quiet and
with drawn

Sepration
anxiety

Language
delay





John Bowlbys Attachment Theory

- Early attachment is important
- Secure attachment safety
- Insecure attachment anxiety
- Consistent caregiving needed
- Critical period in early years

Why Bowlbys fits Isaac

Distressed
when
separated

Clingy
behaviour

Withdrawn
from others

Difficulty
playing alone

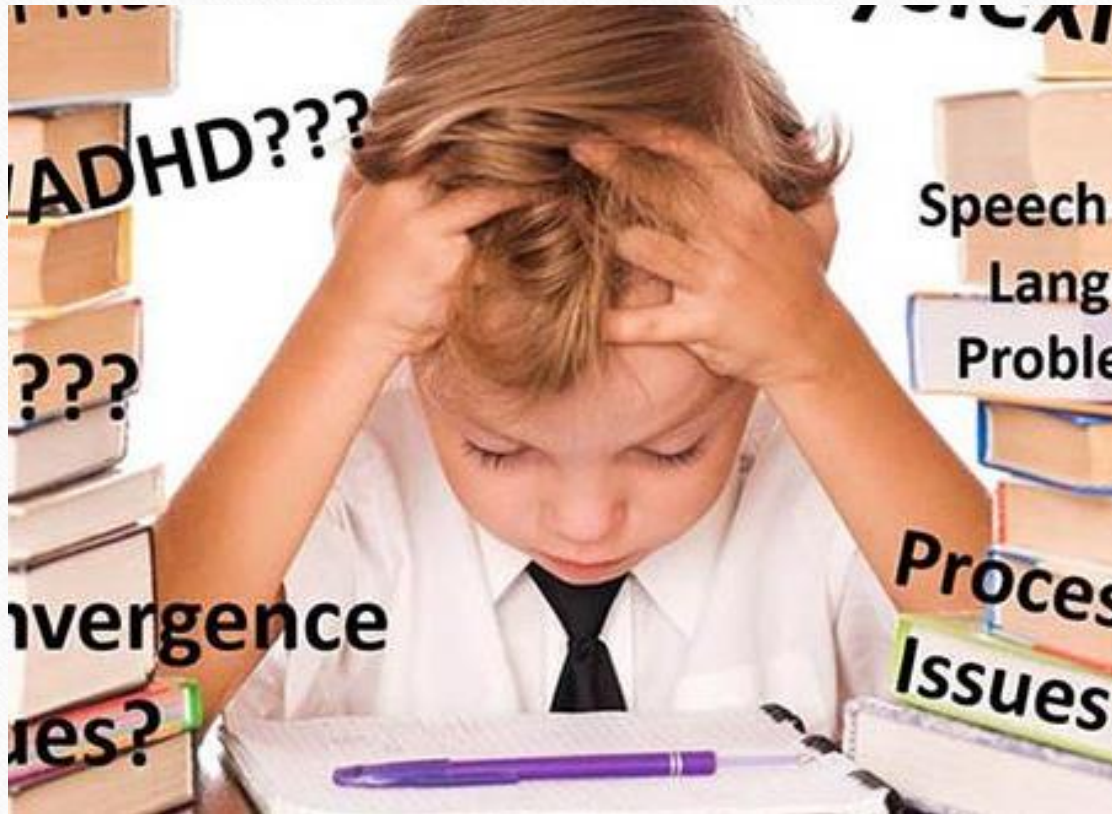
Unstable
childcare
history

Mothers
mental health
impact



Emotional and Social Development

- Low confidence
- Anxiety and insecurity
- Difficulty making friends
- Avoids group play
- Poor emotional regulation
- Fear of separation



Language Development

- Delayed speaking
- Less communication
- Reduced confidence speaking
- Stress affects learning
- Play supports language growth



Nature vs Nurture

Nature biology

Nurture enviroment

Both affect development

Early support improves outcomes

Support plan

Consistent
key worker

Small group
activities

Storytelling
and play

Predicable
routines

Emotional
ressurance

Support for
mother

Multi agency
services

Strengths and Limitations

Focus on early attachment

Useful in childcare

Too focused on mothers

Limited cultural awareness

Conclusion

Early experiences matter

Possible insecure attachment

Bowlby explains behaviour

Early intervention helps

Positive support improves outcomes

References

Ainsworth et al. (1978)

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Berk (2018)

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Department for Education (2024)

NCS (2025)

NSPCC (2024)

World Health Organization (2024)