

Isaac: Early help and support plan

Presentation on the scenario of Isacc

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Isaac's Scenario

About Isaac

- Isaac is 4 –year- old boy
- He lives in London with his single mother who is in depression
- Disrupted childcare over the last 2 years
- He is very quiet
- He does not engage with others
- Has delayed speech
- Cries when his mom leaves
- My aim of presentation is to analyse Isaac's development through Bowlby's attachment development theory

Bowlby Attachment theory

- John Bowlby (1907-1990) was a British psychiatrist and psychoanalyst.
- He is best known for developing attachment theory in the 1950 s.
- He believed that a strong emotional bond between an infant and caregiver is essential for healthy development
- His work was influenced by ethology psychoanalysis and observations of children separated from their parents.
- Bowlby's research transformed understanding of child development and continues to influence psychology, education ,social work , and childcare today.

Key Points of Bowlby's Attachment Theory

I choose this theory because it explains the bond between the child and the caretaker.

Monotropy: A very special bond between a person who is usually a mother.

Working model: A child creates for future relationships based on early care.

This theory will best suit Isaac because he needs emotional safety.
(Bowlby, 1982 ; Ainsworth et al. , 1978)

Stages of Attachment



Pre-attachment: Birth to 6 Weeks
Baby shows no particular attachment to specific caregiver



Indiscriminate: 6 Weeks to 7 Months
Infant begins to show preference for primary and secondary caregivers



Discriminate: 7+ Months
Infant shows strong attachment to one specific caregiver



Multiple: 10+ Months
Growing bonds with other caregivers

PIES Analysis

Physical : Isaac has sleep difficulties. Constant anxiety makes him more stress making it harder for him to physically sleep. (Bowlby, 1982)

Intellectual : Language delays might happen when a caregiver is too depressed to engage to talk a lot. (Murray et Al, 2010;)



Emotional and social

Emotional : Isaac shows signs of an insecure attachment. He is clingy because he does not feel certain that his mom is available emotionally since she is in depression.

Social : He is withdrawn in play attachment theory says if the child does not feel they have secure base, they won't feel safe enough to engage with people. (Bowlby, 1982)



Nature and Nature Considerations

Biological Factors

- Isaac might have just been born sensitive and quiet from birth.
- Stress in the early years can change the way how the brain manages feelings. (NSPCC, 2024)

Environment Factors

Isaac is young and his mum is in bad condition and there is a lack of social support in London.

Moving to a new city and changing nurseries many times. (Murray et al., 2010)

London context

Moving to a big city like London can be very isolating for new families special when Isaac's mum is in depression as well.

In London, many families struggle with isolation and finding good childcare.



Support strategy

We will assign Isaac one specific teacher to help him at nursery (Geddes, 2006)

This way Isaac will have a trusted adult with him whilst his mum is away, keeping Isaac safe and engage with him.



Multi Agency help

Partner	Action plan	Why?
Mother's support	Mental health counselling for PND	To help come out of depression
Speech therapy	Direct assessment for language delay	To develop language
Children's centre	Parent-child stay and play groups.	To build mom's confidence on Isaac's social skills.

(Murray et al . , 2010 ; Geddes, 2006)

Critical Evaluation of Bowlby's Theory

Strengths

1. It led to the key person approach we use in nurseries today, which helps kids like Isaac feel safe. (Geddes, 2006)
2. It helps explain importance of early caregiver – child relationship.(Bowbly,1982)

Limitations

1. In most culture, children are raised by many caregivers not just one. (Zeanah & Oxford, 2016)
2. This theory can make moms who are suffering through depression feel guilty, even though their health isn't their fault. (Murray et al., 2010)

Conclusion

Overall, Isaac's struggles with talking sleeping and playing with other children. When we look at his situation through Bowlby's attachment theory it clearly shows it's because of his mum's depression, moving to London and this all made him feel unsafe. The solution was that we will arrange a specific teacher that will help him in nursery making sure he is safe even whilst his mum is working. This approach is best way to help Isaac catch up with the PIES development.

Reference

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