

Presentation

Title: psychology in Early Year:
Shona's support plan.

Name: Shama Bibi

student num: 2519612

Module code: LCHS4010

Lectures; name Wafa Nasir

Presentation subtitle

Sample Footer Text

October 11, 2026



introduction

What is this presentation about

Today I will talk about about Shona age 3 , who has joined our nursery. She feels anxious when her mom leaves doesn't speak much yet, and finds it hard to join to join in with the other children. I will use Bowlby's attachment theory to understand why this is happening and how we can best support her.

Bowlby's attachment Theory

What is the bowlby's attachment theory

- John Bowlby said that the bond between a child and their main carer is the most important foundation for all future growth. When that bond is strong, the child feel safe and brave. When they enter a new place like nursery it takes time to feel that same safety again and that is what we are seeing with shona.

Applying the theory to shona

When we look at shona through bowlbys theory we can see that her behaviour makes perfect sence.

She has lost her secure base her main carer and come to a place she doesn't know with people she doesn't know yet. She cant easily tell us how she feels so she shows us through being quiet and anxiaus. This isn't a problem with shona its natural reaction. She just needs us to be her new secure base until she feels brave enough to explore and join in.

How we can support shona

1. Based on bowlbys theory the most important thing is consistency. We give shona one special person she can rely on.

We started slowly short stays her mum nearby at first building up gradually. A teddy or blanket from home helps for her feel connected. We play quietly with her one to one before expecting her to join big group. Every small step holding a hand smiling saying one word in progress and we celebrate all of it.

-
1. We will support Shona by assigning her a dedicated key person who will be her consistent, familiar point of contact every day, building trust through warm greetings, gentle communication, and a predictable routine that helps her feel secure; we will use a gradual settling in plan where her carer stays with her at first and leaves for short periods, giving her time to adjust at her own pace, and we will support her limited verbal communication by using visual aids gestures and a calm patient tone that meets her where she is. We will help her join in play by starting with quiet, one to one activities before introducing small groups celebrating every small step she takes and working closely with her family to share information keep routines consistent between home and nursery and ensure she feels loved, understood and safe enough to grow in confidence day by day.

How we can support shona

Nature and nurture

1. Nature means what Shona is born with all children are naturally programmed to seek safety and close bonds with the people they trust and being careful and quiet in new places in her natural way of protecting herself until she feels secure; her gentle cautious temperament is simply part of who she is. Nurture is what shapes her from her experiences the nursery is new and unfamiliar so she hasn't yet built the trust that makes her feel confident here but with consistent, kind care and time to settle, she will gradually feel ready to join in. Both nature and nurture work together. Her natural need for connection gives her the foundation, and the warm, steady support we provide will help her grow in confidence build new bonds and thrive at nursery day by day.

Evaluating bowlby's theory

-
1. Bowlby's theory is very helpful because it shows us that Shona's anxiety is not misbehaviour it is a natural reaction being away from the people she feels safest with ; it guides us to give her one consistent key person and build warm, trusting relationship above all else. However the theory also has limits it focuses mostly on one main person but Shona can form strong bonds with many caring adults it does not fully account for her unique personality, her familys culture or the fact that children are resilient and can build new secure attachment at any age.
 2. Overall Bowlbys ideas are a wonderful guide for how to support Shona but we also see and value her as her own special child.

Conclusion

-
1. Bowlbys attachment theory helps us understand exactly why shona feels anxious and quiet at nursery she simply has not yet found safe place here. With a consistent key person gentle patience and steady, kind care, she will slowly build trust , feel secure and gain the confidence to join in speak and make friends in her own time. Every child is different and settled in their own way our job is simply to be there, steady and true until she feels brave enough to take our hand.

Reference S

1. 1. Bowlby, J. (1969) Attachment and Loss: Volume 1 — Attachment. London: Hogarth Press.
- 2.
3. 2. Ainsworth, M. (1978) Patterns of Attachment. Hillsdale: Erlbaum.
- 4.
5. 3. Bee, H. & Boyd, D. (2020) The Developing Child. 15th edn. Boston: Pearson.
- 6.
7. 4. Bruce, T. & Meggitt, C. (2022) Child Development. 7th edn. London: Hodder.
- 8.
9. 5. National Children's Bureau (2023) Attachment in Early Years Settings. London: NCB.
- 10.
11. 6. Ofsted (2021) The Impact of Attachment on Children's Development. London: Ofsted.