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# Presentation supporting Isaac

- My role : Trainee Early years support worker
- Place Local : children's centre
- Understanding Isaac, using Bowlbys Attachment theory
- Analyst how Isaac's early years experience shaped his current development

# **About Issac's**

- Isaac 4 years old who lives with his mother who sometimes feels low confidence and not much family support
- He has had lots of different childcare over the last 2 years
- They just moved to London
- Issac Quite and keeps to himself , upset when away from his mum talk less than other children's age

# Bowlbys theory

- Bowlby's attachment theory ideas said children can bond with lots of people. But he still believed the mother-baby bond is the strongest because it's the very first one they make. (Yassin, F. (2020). This applies to Isaac, because he missed out on that steady first bond, which makes growing and learning harder for him now.
- According to Bowlby's Attachment Theory (Bowlby, 1969), children have an in-built readiness to form strong emotional ties with the people who care for them. These early connections influence how safe they feel, how willing they are to explore the world, and what they expect from relationships throughout life. (Main, P. (2023). For Isaac, missing steady early bonds means he has less of that safe base, so he finds exploring and connecting harder at first."

# How is the theory fits Isaac's

- 1 changing childcare
- How changing carers and moving houses can affect children.
- It helps us to see how Isaac's behaviour is not nought it's how he copes when he don't feel safe and secure.
- He learned people might leave so he stays quiet and does not join in.
- 2 . Mums mental health.
- When mums feels low it can be hard to chat or play to Isaac as much as he needs
- Less talking and playing which means Isaac has less chance to learn words and that's why his speech is slower
- 3 Limited social interaction
- . Moving to new place means no familiar people or family around
- . He hasn't had safe chance to practice playing and talking with others
- . He feels worried and secure to join activities with others

# Nature vs Nurture

## Nature

Isaac's has his own natural personality and brain development  
Isaac's born with needs to feel safe and loved just like all the children.

## Nurture

Isaac's mums mood changing cares , moving houses and having little support shape how he acts

Bowlby believed that nurture is key, asserting that children need consistent, loving care to develop well, regardless of their initial health(McLeod, S. (2025)).

# My support Plan

- At the children's centre
- Isaac should have one main helper who is always the same person, so he build trust and bond ,
- Start with short visits, make sure to say goodbye clearly, and always come back on time. This shows him that adults can be trusted.
- Use easy, kind words and play with him to help him learn to talk and feel comfortable.
- Supporting his mother
- This helps her find support for her feelings and connect with other parents.
- It also teaches her simple ways to communicate, listen, and play with Isaac, strengthening their bond.
- Working with others
- We can get a speech and language therapist involved to help with his talking.
- We also connect the family with local groups so they can make friends and feel less isolated.
- all the workers will use a consistent, caring approach so Isaac always knows what to expect.

# Strength and limitations

- Strength
- It is very useful for early years it helps us understand why childcare act the way they do, it shows us that steady, loving care changes lives for the better. (McLeod, S. (2025).
- Limitations
- It focuses mostly on one main carer, but other family and friends also important
- . We understand that parents can face difficulties with their own health finance or housing.
- we also need to respect our family is culture and what feels right for them

# Summary

- Isaac finds many things difficult because he did not receive steady, loving care in his early years. According to Bowlby's attachment theory, feeling safe and secure is the foundation for all other development. Once Isaac feels safe, he will be better able to communicate, play, and build friendships. With consistent support from a trusted key worker and help for his mum, alongside kind, steady care, Isaac can rebuild his confidence and begin to catch up. Progress will happen through small, patient steps, helping him grow well for the future.

# Referencing

- McLeod, S. (2025). *John Bowlby's Attachment Theory*. [online] Simply Psychology. Available at: <https://www.simplypsychology.org/bowlby.html>.
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