



Supporting Amira's Development through Bowlby's Attachment Theory

Student Name:

Student ID:

Introduction to Amira's Case

Age: 3 years old

Recently joined the nursery

Exhibits separation anxiety when left by carers

Limited verbal communication

Struggles to engage in group play

Practitioner's goal: Support emotional security,
communication, and social interaction

Overview of Bowlby's Attachment Theory

Developed by **John Bowlby (1980)**

Emphasises the emotional bond between a child and primary caregiver

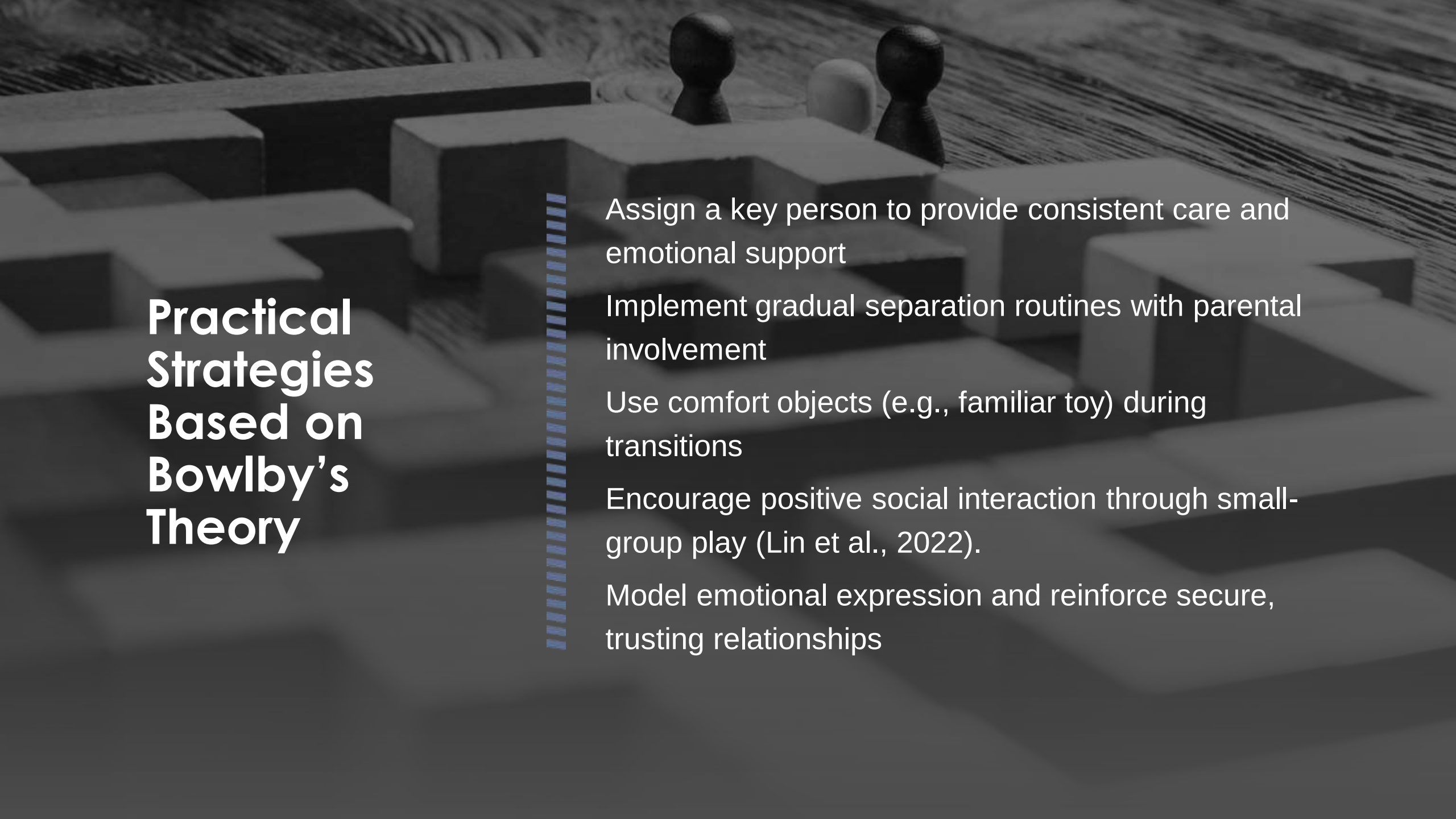
Secure attachment fosters confidence and social competence

Insecure attachment can lead to anxiety, withdrawal, or developmental delays (Alexander et al., 2024)

Key concept: Internal Working Model – shapes future relationships

Application of the Theory to Amira's Situation





Practical Strategies Based on Bowlby's Theory

Assign a key person to provide consistent care and emotional support

Implement gradual separation routines with parental involvement

Use comfort objects (e.g., familiar toy) during transitions

Encourage positive social interaction through small-group play (Lin et al., 2022).

Model emotional expression and reinforce secure, trusting relationships



Role of Nature and Nurture

Biological (Nature): Genetic temperament may influence emotional reactivity

Environmental (Nurture): Quality of caregiving, family stability, and early experiences shape attachment (Gagliardi, 2021).

Interplay of both factors determines emotional and social outcomes

Critical Evaluation of Bowlby's Theory

Strengths:

- Highlights the importance of early emotional bonds
- Influential in shaping childcare and safeguarding policies (Buckler, 2023)
- Empirically supported by Ainsworth's "Strange Situation" studies

Limitations:

- May overemphasise maternal bond over wider family/cultural contexts
- Underplays role of cognitive and social learning processes
- Deterministic – assumes early attachment issues cannot be changed

Conclusion

Bowlby's Attachment Theory provides a strong framework for understanding Amira's anxiety

Secure attachment at nursery can enhance her emotional, social, and cognitive growth

Consistency, empathy, and nurturing care are key

Collaboration between carers and educators is vital



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