

Born to Bond

John Bowlby 1907-1990



(groundswellplot, 2020)

Introduction

Bowlby is a British psychologist who created the attachment theory. The Attachment theory believes that early emotional bonds between a child and their primary caregiver shapes a child's development (Frist Discoverers, 2018). Bowlby spent most of his life studying and developing information on what we know today about attachment and the children over all development. Bowlby started his studies at the University of Cambridge, where he graduated with a bachelor's degree in psychology. He originally went to Trinity Collage to study medicine but after doing volunteering in a unstable school he redirected his career to becoming a children's psychiatrist. (Suzan van Dijken, 2019).

Secure attachment

A secure attachment is a healthy bond between the child and their primary caregiver. John Bowlby believed that children who have a secure attachment will result in a positive development in social and emotional. Children who have had secure attachments end up having higher self-esteem and are able to communicate their feelings more openly (Gupta, 2024).

Insecure attachment

An insecure attachment is a behavior pattern caused by the lack of trust that often forms after children not having a secure attachment with their primary caregiver growing up. Due to a child's physical and emotional needs not being met consistent the child learns to not trust the caregiver. This acts as a blueprint for the child's future relationships and as a result have a negative impact on the child's future relationships (Battaro, 2023).

Internal working model

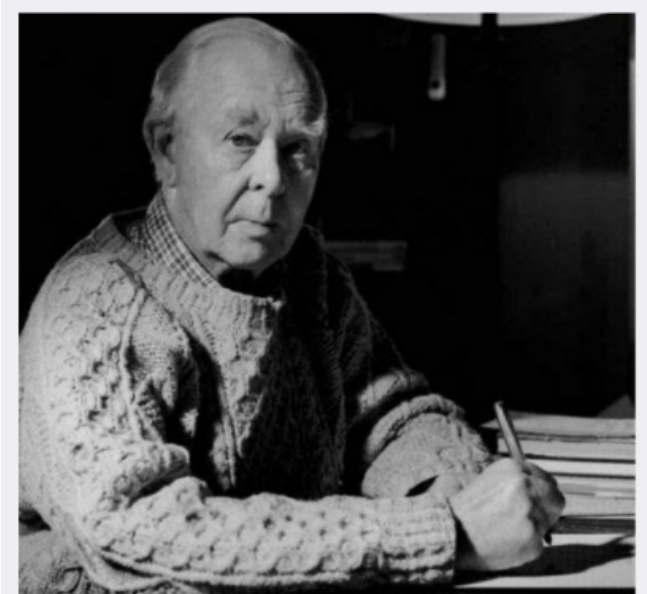
Internal working model is how the child sees themselves. Children with a secure attachment typically seen themselves as worthy to love, care and capable of trust. This comes from the positive blueprint in secure relationships between the children and caregiver. Insecure attachments will create negative internal working models for children such as avoidant of fearing love and intimacy (Snelling, 2025).

How John Bowlby had a lasting impact

Bowlby's theory has had a long-lasting influence and is crucial to modern practice. Bowlby's theory had an impact on a number of healthcare-related fields, including early childhood education, hospitals, parental leave, and child welfare. John Bowlby's researched has highlighted the importance of children not being separated from the primary caregiver. This has influence on the policies in the hospital and parental leaving. Children are rarely separated from the caregivers in hospitals and parents typically have received longer time off work to bond during the critical period (Van der Horst and Van der Veer, 2009).

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