



Applying Bowlby's Attachment Theory to Support Amira's Early Childhood Development

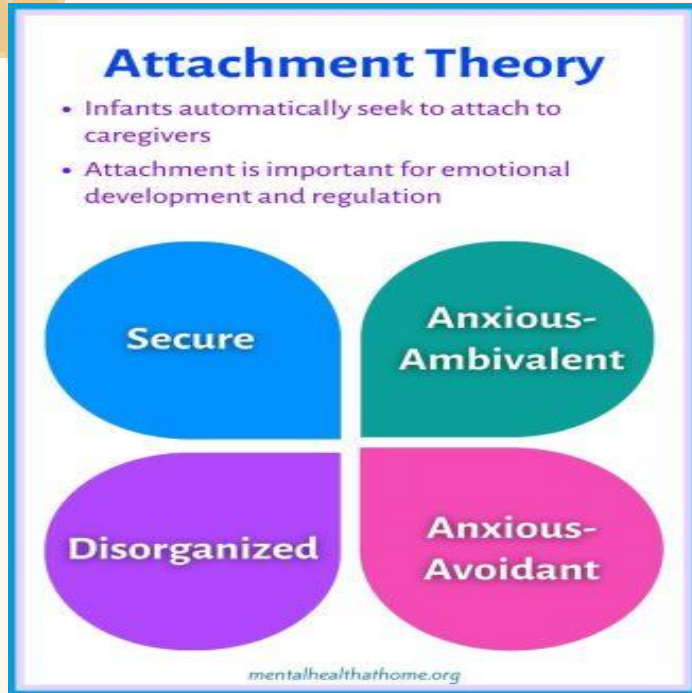
Denisa Mazarache (2425452)



Introduction

- ❖ Amira is a 3 year old girl although she has suffered separation anxiety on the occasions that she is left alone to be attended to at the hands of her caregivers.
- ❖ Her nurse environment is not robust with her in terms of her verbal communication.
- ❖ Group play with peers is another issue in which she has problems.
- ❖ The thought process to be informed and supportive interventions to be mapped will involve the Bowlby Attachment Theory (Garrett, 2023).

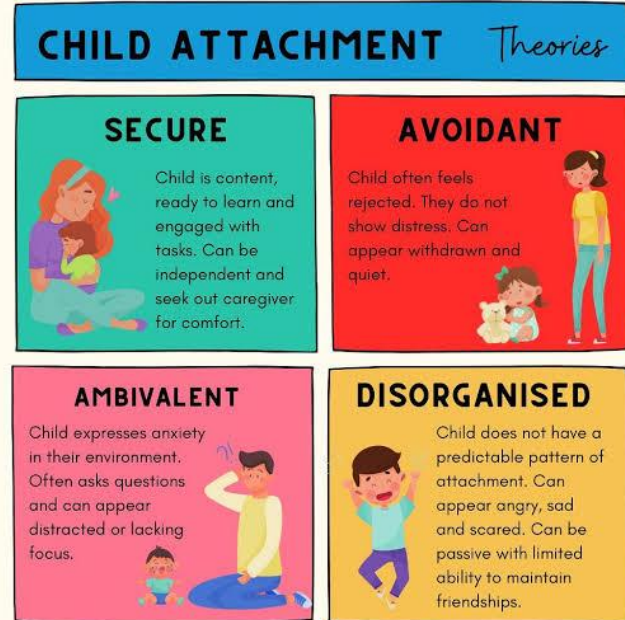
Overview of Bowlby's Attachment Theory



- ❖ Attachment is an inborn emotion that helps in survival and protection.
- ❖ Healthy attachment fosters self-belief and discovery of new worlds.
- ❖ The major ones are the secure base, separation anxiety and internal working model (Robledo et al. 2022).
- ❖ The lifetime behavior of trust and relationships depends on the early care giving experiences (Barnett et al. 2022).

Importance of Attachment in Early Childhood

- ❖ Closeness will assist the children to hold down the feelings and manage their emotions.
- ❖ Peer interaction and social ability are favourable agents of the healthy childhood relationships (Park et al. 2023).
- ❖ The key-person systems offered in the early years settings comprise the secondary attachment spaces.
- ❖ The responsive nurturing care giving is supported with the benevolence of EYFS.



Understanding Amira's Behaviour

- She is developing or adapting to new attachments since she has developed separation anxiety.
- Minimum talk can be indicative of distress of emotion or lack of knowledge of the surrounding (Graham-Wisener et al. 2022).
- Group play hesitation implies that one requires more of the sense of security and confidence.

Identification of Developmental Need

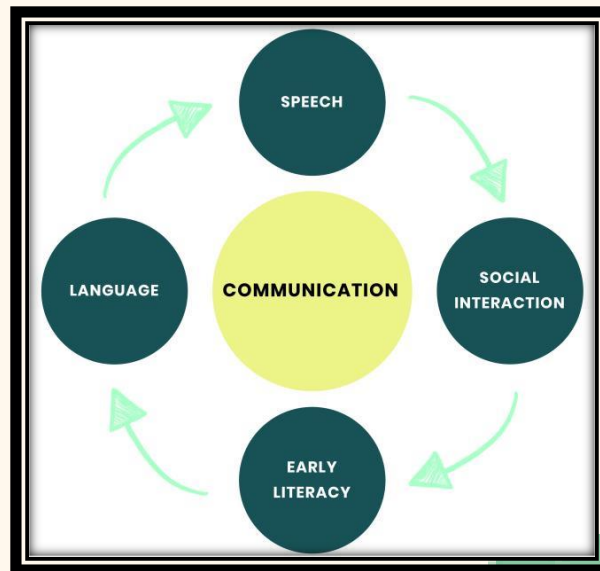
- Amira should have a regular key person in order to gain trust and feelings of safety.
- There are also instances where she should be helped to cope with anxiety when she is separated.
- The minimal intervention will assist her in experiencing the early social play activity.

Strategies to Build Secure Attachment

- She will develop a sense of security as an appointed key figure who is constantly available.
- Alleviation of separation pressure can be achieved through gradual settling through practices (Klemming et al. 2021).
- Peaceful interactions and cordiality are also the other factors which enable achievement of trust and emotional comfort.

Supporting Communication & Social Development

- Simple language and modelling can encourage Amira's verbal communication .
- Visual supports help her understand routines and interactions.
- The concept of social confidence is established in the small group activities with her key person.



Creating an Emotionally Safe Environment

- The habitual activities offer peace and eliminate fear.
- The fact that the places are silent helps Amira to master the control of the feelings whenever she feels overwhelmed.
- In a positive environment, one would be able to promote safety and trust.



Effects of Nature

- Amira has some biological limits such as temperament which determines the reactions and communication.
- There are various environmental forces which have influence on her like home relationships do.
- Social and emotional adaptation is affected by the experiences at nurse level which she undergoes.

Conclusion and Evaluation

- The attachment theory can be used to explain emotional and social behaviour interfering in the case of Amira.
- It advocates on the good policy of relationships-based care that is secure.
- This theory is capable though of putting more emphasis on primary caregivers and dismissing cultural differences.

References

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