

Attachment in the Early Years

Early Brain Development

- Early experiences contribute to brain structure and capabilities.
- Between 10 & 18 months a baby's emotions are developed.
- Emotions are closely connected with long term memory.
- Warm touches and caregivers who talk positively to the infant allow the brain to take in all things around them.

Development of Secure Attachment

Secure attachment is the result of a babies interactions with a sensitive, predicable, primary caregiver. A feeling of security gradually becomes part of their sense of self, allowing them to venture further out into the world with confidence and enthusiasm.

Barriers to Secure Attachment

- Infant - the child's personality or temperament influences bonding.
- Caregiver – caregivers behaviour should be consistent and nurturing.
- Environment – a calm secure setting free of stress.
- Fit – a cohesive relationship between the child and caregiver.

Positive Attachment

- Children raised in a loving setting will learn to love.
- Children who are praised will develop good self esteem, and social abilities.
- Children need to form attachment to develop good social confidence.
- Securely attached children feel a consistent, responsive and supportive relationship with their caregivers, even in times of significant stress.

Negative Attachment

- Children who are ignored or not nurtured will not fully develop all areas of their brain.
- Children who have negative experiences can develop low self esteem, lack social confidence and the ability to self regulate.
- Insecurely attached children feel inconsistent, punishing, unresponsive emotions from their caregivers and feel threaten during times of stress.

Care Giving Strategies to Promote Attachment

- Pay attention.
- Take time for one-on-one.
- Provide quality play experiences.
- Support parents in their role.
- Enjoy, laugh and love children.

Further Information (continued)

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