

**Infographic**

**INFANT ATTACHMENT**

There are two types of infant attachment: secure and insecure. An infant will develop attachment to its primary caregiver.

It is the caregiver and his/her response to the infant's need for comfort when distressed that will most likely determine the attachment relationship.



**Secure attachment is beneficial primarily because:**

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| <p><b>1</b></p> <p>It allows the infant to see his/her caregiver as a secure base.</p> | <p><b>2</b></p> <p>The infant can use this secure base to explore the environment around him/her.</p> | <p><b>3</b></p> <p>It allows for optimum developmental outcomes across multiple domains.</p> |
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**Insecure attachment can be detrimental primarily because:**

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| <p><b>1</b></p> <p>The infant does not see his/her caregiver as a secure base.</p> | <p><b>2</b></p> <p>The infant is often less likely to explore the environment around him/her.</p> | <p><b>3</b></p> <p>It can lead to social and emotional maladjustment and other less-than-ideal developmental outcomes.</p> |
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**Common causes of insecure attachment:**

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| <p><b>1</b></p> <p>Caregivers who respond inconsistently to distressed infants' needs.</p> | <p><b>2</b></p> <p>Caregivers who fail to provide comfort to distressed infants entirely.</p> | <p><b>3</b></p> <p>Caregivers who behave aggressively towards or frighten infants.</p> |
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