

INFANT ATTACHMENT

Welcome to this course on Childhood Development. In this course we will discuss Infant Attachment.

This course includes audio narration that you can access by listening on your device. If you prefer, you can also download the text version of the audio narration. The text version of the audio narration is available using the “Resources and Text Version” link in the upper right corner of your screen.

When you are ready to begin the course, click the “Start” button on your screen.

At the conclusion of this module the learner will be able to:

- Define infant attachment
- Identify the outcomes of secure and insecure infant attachment
- Demonstrate understanding of best practices to promote secure infant attachment.

To navigate through the course, you will use the buttons in the lower right corner of your screen.

Clicking the arrow on the left, will take you to the previous screen. Clicking the arrow on the right, will take to you the next screen in the course. Choosing the icon with three stacked lines in the middle will provide a menu of the course topics.

Attachment theory was developed by psychologists Mary Ainsworth and John Bowlby after conducting a series of experiments on infants and their caregivers. It is a widely accepted childhood developmental theory that helps explain infant behavior and certain developmental outcomes.

Attachment is the part of the infant/caregiver relationship related to helping the infant feel safe and protected.

Remember, attachment is NOT the same as other aspects of parenting such as playing with an infant, caring for the infant, or even teaching the infant. It is about giving the child a sense of security by calming the child in strange or unusual situations, or when the child feels distressed or threatened.

There are two primary types of attachment, secure attachment and insecure attachment. Click the buttons to learn more.

Securely attached infants are typically easily soothed since they know that their need for safety and security will be met by their caregivers.

On the other end are insecurely attached infants. There are three types of insecurely attached infants.

Drag the slider of each baby and learn more.

Infants often have multiple caregivers, and they may develop different attachment styles with different caregivers.

However, the more secure attachments an infant can develop, the greater the likelihood of positive outcomes.

Insecure attachment puts children at a higher risk for social and emotional maladjustment.

Secure attachment is promoted by responding appropriately to an infant's needs when the infant is distressed. This helps the infant feel as though he/she has a secure base to use to go out and explore the world around him/her. It also leads to more positive outcomes across multiple domains of development.

Click the steps that experts recommend to help parents and caregivers develop secure attachment in infants in their care.

Now, you will use the previous concepts to help Martha. She is an infant caregiver that needs to provide attention to several babies throughout the day.

Your task is to support her response to the situations presented and improve her ability to promote secure attachment.

Are you ready?