



# Attachment, Bonding & Separation

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- Bowlby has expounded the theory of attachment
- A warm, intimate & continuous mother-child relationship is essential for subsequent mental health of the child.

# 2 components (Bonding & Attachment)



1. **Bonding**= describes the relationship formed between mother & baby.

Usually over first days of life.

May be impaired by illness, separation, ambivalence toward pregnancy. Etc.

2. **Attachment** = relationship of child to mother.  
Presumed not formed until first 6 months  
Maternal deprivation



# Attachment Theory

- John Bowlby; British psychoanalyst(1907-1990) formulated the theory that “normal attachment in infancy is crucial to people’s healthy development”.
- Defined as ; emotional tone between child and their caregivers(normally the mother) evidenced by infant`s clinging and seeking to the caregivers.



# Attachment

- “attachment occurs when there is a warm, intimate and continuous relationship with the mother in which both find satisfaction and enjoyment”



# Signal Indicators

- Signal indicator = **sign of infant`s distress** that prompt or elicit behavior respond in the mother.
- Primary signal is “**crying**”.others; **smiling cooing and looking.**
- 3 types of main distress; **hunger, pain & anger.**



# Short-term separation (e.g. hospitalization)

1. Protest (tears, affect their feeding)
2. Despair (apathy & misery)
3. Detachment (indifference, rejection on mother's return)



# Long-term maternal deprivation

- Antisocial behavior
- Poor development (IQ & language)
- Depression
- Poor physical growth (deprived dwarfism)



# Phases of Attachment



## 1) Preattachment stage

- - 1<sup>st</sup> attachment phase
- - birth to 8 /12 week
- - babies orient to their mothers
- - follow them with 180-degree range

## 2) Attachment in making

- - 8/12 weeks to 6 months
- - infant become attached to one or more people

## 3) Clear-cut Attachment

- - 6 to 24 months
- - Infant crying and show other signs of distress when he separated from caretaker

# Pattern of attachment (Mary Ainsworth)



- 1) Secure Attachment
  - 66 %
  - Crying when the mother leaves & happy when she returns
- 2) Avoidant
  - 22 %
  - Rarely crying when mother leaves & avoid her when she returns
- 3) Ambivalent –
  - 12 %
  - Anxious before the mother leaves, extremely upset when she does & ambivalent when she is back.



# Separation

- Separation from attachment figure; may produce intense anxiety.
- Separation Anxiety ; response of tearful and irritability of child who is separated from its mother.
- Most common at 10 – 18 months of age & disappear gradually by 3<sup>rd</sup> year.
- Stranger Anxiety; an anxiety respond to someone other than caregiver. (8-9 month)



# Implications

1. Transitional object = Winnicott
2. Early breast feeding,
3. role as a father
4. Admission to hospital = children friendly ( 2 beds, accommodation)
5. Separation anxiety (school)
6. Children's behaviours
7. Adopted child?
8. Abused Children (physical separation is different from deprivation of maternal care)
9. Development of trust, personality (low self esteem, avoidance, dependent personality)
8. Halfway home for children ( could be provided by someone else “mother and father figure”)



Children

Adolescent

Adult



# Rasulallah S.A.W.

0-7

- Full of love
- Still has min degree limits

7-12

- Set limit +++
- Instill responsibility

>12

- As friend
- Guidance + freedom



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THANK YOU