

## Secure attachment

Well, my wife and I do not have a traditional marriage where mom takes care of kids and dad works and maybe here and there plays with them. So, I find the readings and assignment very interesting and my personal experience of raising two girls similar and not similar to the findings in those readings.

The main question in the readings is how relevant early attachment is to later socio-emotional and personal growth? Attachment is defined as “a deep-seated emotional tie that one individual form with another, binding them together in space and enduring over time” (Shaffer, 1961). Thompson states that: “from this research arises the conclusion that sometimes early attachment relationships remain consistent over time, and sometimes they change” (pg 146). Early attachment experiences are important, but they can be transformed by later experiences. There are many advantages for children who develop strong attachment with a caregiver early in life. Securely attached children explore surroundings more confidently using the trusted caregiver as a secure base. Secure attachment helps them learn about the emotions and how to control them. Those children are better in forming healthy relationship with other children and emerge as more competent and more sympathetic in interaction with peers. The secure attachment can change from secure to insecure attachment and have profound impact on child’s development.

There are different factors that influence whether early attachment will have an enduring impact on later development and to what degree that impact will be. Thompson states: “If an integrated, enduring sense of self-understanding begins to take shape after the age of three, for example, then a secure attachment may be most strongly associated with developing self-concept and self-esteem at or after this age rather than before” (pg. 148). So the age factor plays an important role in developing a secure attachment. Stability of attachment patterns plays also important role in secure or insecure attachment. Children whose family environment undergoes some drastic changes like divorce or major illness will feel less secure. “According to Ainsworth, the main reason why children are secure or insecure in their attachment lies in the mother’s sensitive responsiveness to them in the early months of life” (Schaffer, pg. 166). Mother’s failure to respond promptly and appropriately to the infant’s signals, will make the infant insecure. Children’s personality plays role in secure attachment as some kids are more independent than other.

## Personal experience

“Many have interpreted Bowlby’s attachment theory as claiming that an infant can become attached to only one person-the mother” (Ainsworth, pg. 935). In recent years there has been a surge in the father as an attachment figure. Both of my girls see their mom and dad as equally important attachment figures. However, under certain circumstances (illness, fatigue) they will show a clear preference among us. For example, if they are tired most of the time they will go to mommy, but if they are sick daddy is the only one who can help (calm them down) them. We are equally involved in raising them and they are equally attached to both of us but they do have preferences in certain circumstances. Could they have more than one attachment figures?

