



### In This Chapter

- Attachment: The Basic Life Bond
- Settings for Development
- Toddlerhood: Age of Autonomy *and* Shame and Doubt

### Setting the Context

- **Behaviorists (Skinner)**
  - Minimized human attachment need
  - Believed “maternal reinforcing stimulus” created infant’s need to be close to caregiver
- **Strict behaviorist (Watson)**
  - Appeared hostile to the idea of attachment
  - Crusaded against the dangers of “too much” mother love

### Setting the Context

- **Ethologist (Lorenz)**
  - Was an early evolutionary psychologist
  - Believed in a biologically programmed attachment response
  - Conducted research with goslings – “imprinting”
- **Animal psychologist (Harlow)**
  - Experiment with monkeys
    - Separated babies from mothers at birth
    - Found that contact comfort was important to bonding

## Attachment: History

- **Bowlby**

- Put evidence together from
  - Orphanage findings
  - Lorenz's ethological studies
  - Harlow's research
  - Own findings
- Conducted clinical work with children who were hospitalized and separated from their mothers
- Promoted idea that a primary attachment figure is crucial to healthy development



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## Exploring the Attachment Response

- **Bowlby's evolutionary-based theory**

- Human beings have a **critical period** during the first year when the attachment response is programmed to emerge
- **Proximity-seeking behavior** is a survival response activated by threats occurring at any age
- Two categories for threats to survival
  - May be activated by our internal state
  - May be evoked by dangers in the external world

## Attachment Milestones

- **Pre-attachment** (birth to 3 months)

- Reflex dominated time
- 2 months, social smile is automatic reflex, not response to attachment figure
- Social smile evokes care and love



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## Attachment Milestones

- **Attachment in the making** (4 to 7 months)

- Slight preference for caregivers, but still responds to everyone

- **Clear-cut, focused attachment** (7 to 8 months)

- Stranger-anxiety and separation anxiety appear
- Social referencing

## Attachment Milestones

- **Working model**
  - About age 3, child develops cognitive inner representation of attachment figure
  - When child is under stress, the need to make contact is very important
  - Responsive caregiver will fortify attachment bond



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## Attachment Styles

- **The Strange Situation: Mary Ainsworth**
  - Devised classification test of attachment
  - Measures individual variations in attachment response during