

# Development of Attachment

## Attachment Theory



A child feels stressed.



He seeks comfort from his caregiver.



He returns to play.



### The Take-Home

Infants' brains are prepared to develop attachment to others. The quality of this attachment depends on caregiver, child, and family factors. Attachment is one of four innate behavioral systems in the brain.



### Science Says

- Babies have a biological need for loving care. They begin forming an emotional bond with their caregivers at birth. Infants form an attachment to primary caregivers by the end of their first year.
- The quality of attachment relationships is different for each child and different for each person the child attaches to. Child and family factors can affect attachment quality.
- Attachment relationships during infancy can have lasting effects on children's development. Yet, attachment quality can improve with supportive caregiving.



### Try it at Home

- Respond to your child's bids for attention. Comfort them when they cry. Be playful when they laugh and smile.
- Children love to explore the world. Until they are comfortable in a new environment, make sure you are available for visual check-ins.

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