

# Infant Bonding, Attachment & Trust

11.4.12 ABC

## Day 1

Intro: Think about all of the things that can bond together.

Think-Pair-Share with your neighbor what each of you came up with.

Now share with the entire class. Examples might include: paper/glue, bricks/cement, Velcro, mother/child, father/child, chemicals, etc.

Discuss: What might happen if these things didn't bond?

Bonding is term used to describe a parent's tie to an infant and typically occurs early in the child's life. Today we are going to explore why bonding is so important.

Activity: Using the article "Bonding with Baby" from

[http://kidshealth.org/parent/pregnancy\\_newborn/communicating/bonding.html](http://kidshealth.org/parent/pregnancy_newborn/communicating/bonding.html) -- divide the class in 7 groups (seven headings) and have each

group read, summarize, and create a visual for their one section. They would then present to the rest of the class.

View: You Tube Clip on Bonding:

[http://www.youtube.com/watch?v=9erXHIA\\_j-s&feature=related](http://www.youtube.com/watch?v=9erXHIA_j-s&feature=related)

<http://www.thevisualmd.com/center.php?idg=8332>

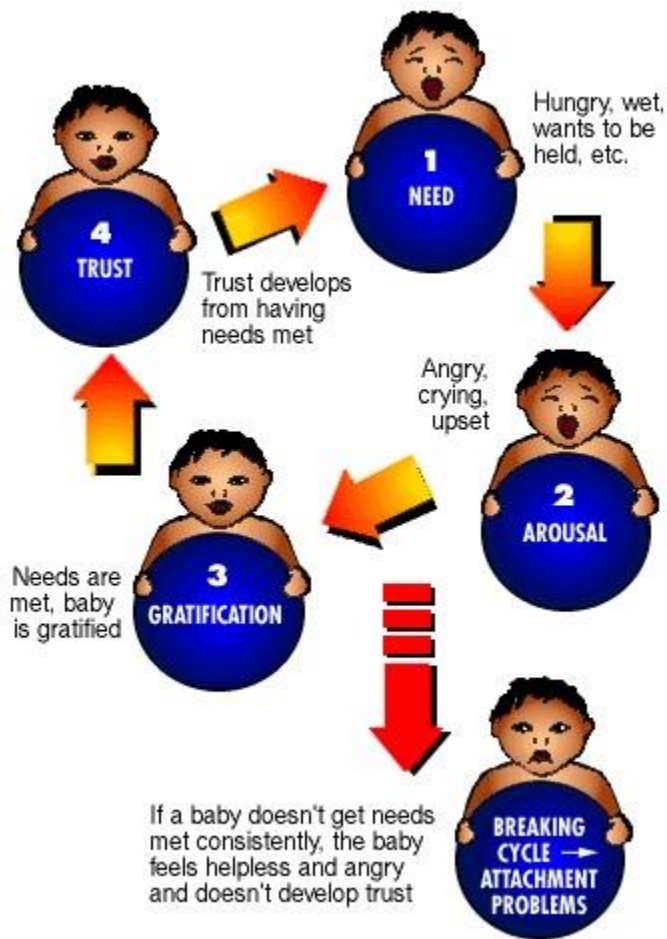
Writing Activity: At the end, students could write a summary paragraph describing why bonding is so important and how they plan to bond with their baby.

Day 2

Discuss: What is Attachment?

- Attachment is an emotional bond to another person. Psychologist John Bowlby was the first attachment theorist, describing attachment as a “lasting psychological connectedness between human beings.”
- Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He suggested attachment also serves to keep the infant close to the mother, thus improving the child’s chances of survival.

The central theme of attachment theory is that primary caregivers who are available and responsive to an infant’s needs allow the child to develop a sense of security. The infant knows that the caregiver is dependable, which creates a secure base for the child to then explore the world. Look at the diagram...



If we have secure attachment relationships in infancy, we will

- Feel safe/secure
- Develop meaningful connections with others
- Explore our world
- Deal with stress
- Balance emotions
- Be able to trust (Erik Erikson theory)

## Day 3

Activity: Have students participate in a “Trust Lab” (similar to a Trust Walk) and prepare a simple No Bake Cookie or make a Peanut Butter & Jelly sandwich to help them understand what it means to actually “Trust” someone.

Rules: Only one person in each lab can see, everyone else is blind-folded. The cookies have to be made through verbal communication only; no physical guiding allowed.

Discuss: Discuss feelings, experience, good/bad things that occurred, how this represents “trust”, connections to how this ties into an infant’s ability to trust, etc.

Writing: Write a reflection about this experience and how it relates to an infant’s need to develop trust as an exit slip.

## Day 4

If infants experience insecure attachment relationships, they will:

- Tune out/turn off—no emotional connections, distant
- Be insecure/mistrusting—be anxious, fearful (Erik Erikson theory)
- Become disorganized, aggressive, angry—will not love easily or be sensitive to others

- Possibly develop slowly—mental/physical delays

Discuss: How negative experiences in the Trust lab would have illustrated mistrust or insecurity.

Discuss: In addition to strong bonds/attachments being made between caregiver/infant, research also shows us how important touch is in our emotional development.

Sensory Deprivation research has shown us that we can't live without touch or we will develop abnormally, suffer from depression or possibly even die. Throughout history orphanages have had a history of this as seen in this video clip:

<http://www.youtube.com/watch?v=UtQ4sPgNoEY>

The need for love was proven based on experiments by Harry Harlow along with surrogate mothers to monkey's in the 1960's. The bottom line was that the need for a loving relationship (in this case fur) was stronger than the need for food as you can see in this video clip:

[https://www.youtube.com/watch?v=\\_060TYAlgC4](https://www.youtube.com/watch?v=_060TYAlgC4)

<http://education-portal.com/academy/lesson/harlows-monkeys.html#lesson>

**Assignment:** Complete the enrichment activity “Trust Versus Mistrust” and complete the ACES writing prompt (Use the graphic organizer if necessary to help you set up your written response):

According to theorist Erikson...”Securely attached children approach life with a sense of basic trust—a sense that the world is predictable and reliable.” Use at least two examples from your notes/resources to justify (support or refute) this statement. Be sure to thoroughly explain each example.