

Why attachment matters

Researchers have found that attachment patterns established early in life can lead to a number of outcomes.



Children who form secure attachments as infants tend to:

- develop stronger self-esteem and better self-reliance as they grow older.
- be more independent
- perform better in school (**secure base transfer**)
- have successful social relationships
- experience less depression and anxiety.

SECURE ATTACHMENTS ARE POSITIVELY CORRELATED WITH SOCIAL COMPETENCE.

Why attachment matters



Researchers have found that attachment patterns established early in life can lead to a number of outcomes.

Children who do not form secure attachments are at greater risk for:

- PTSD
- Oppositional and defiant behaviors
- obesity

Temperament Education

- ▶ Van den Boom (1994) trained 50 mothers who had 3-month-old infants with highly irritable temperaments to perceive, interpret and respond appropriately to babies' signals, especially distress.
- ▶ At 12 months of age
 - Experimental group - 62% showed secure attachment
 - Control group - 22% showed secure attachment

Does Temperament Education Work?

How did the behaviors actually change?

Intervention group mothers (at 9 months) were:

- ▶ More responsive & visually attentive
- ▶ More appropriately controlling of their infant's behavior

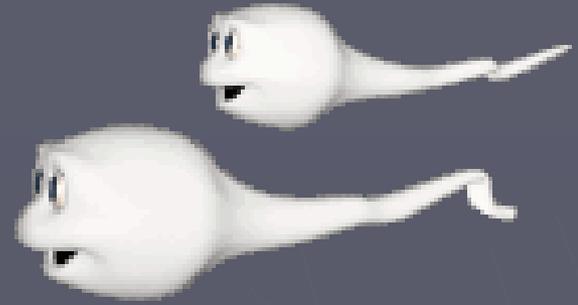
Their infants, in turn, were:

- ▶ More sociable
- ▶ More able to soothe themselves
- ▶ Less emotionally negative
- ▶ More engaged in exploratory behavior
- ▶ More likely to be securely attached at 12 months



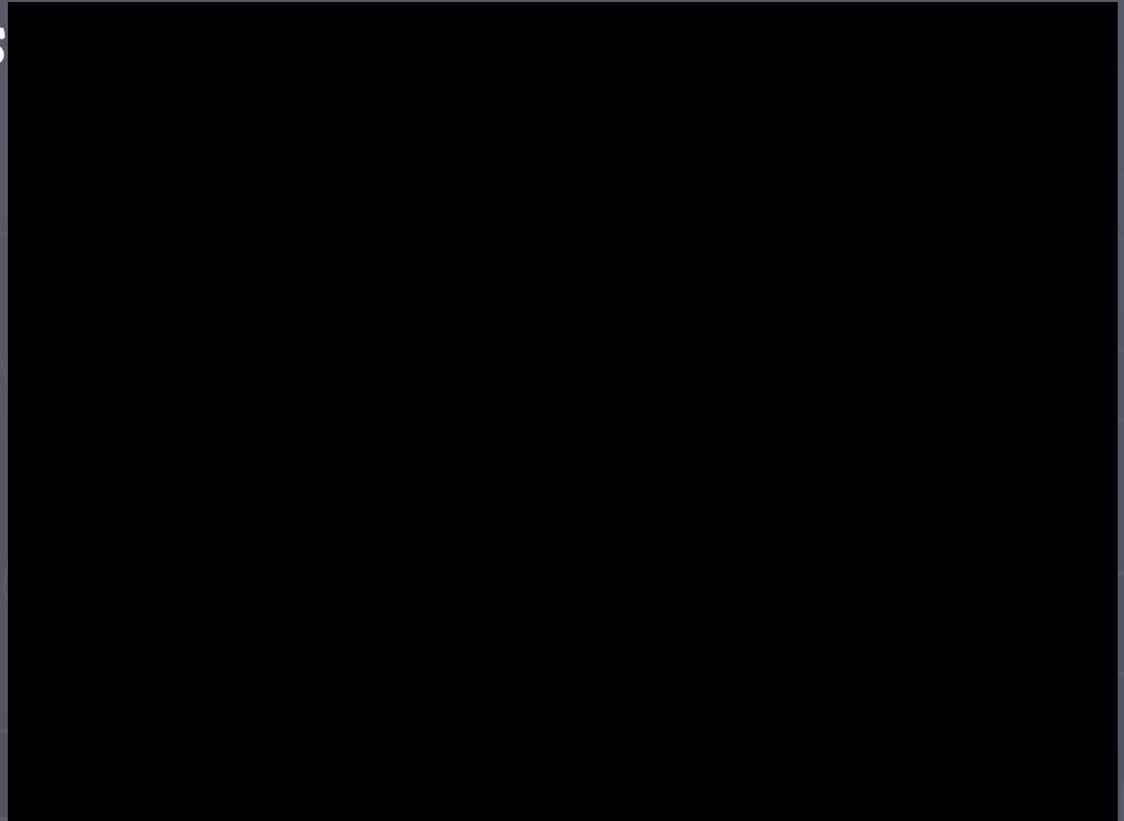
Dad's Matter Too!!

► We are not just mobile sperm banks!!!!

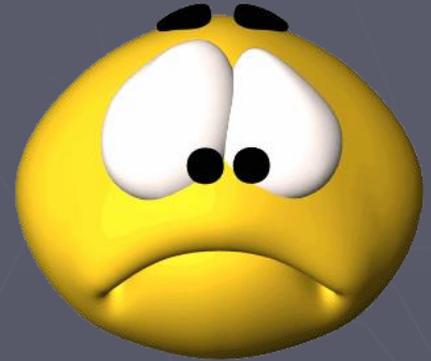
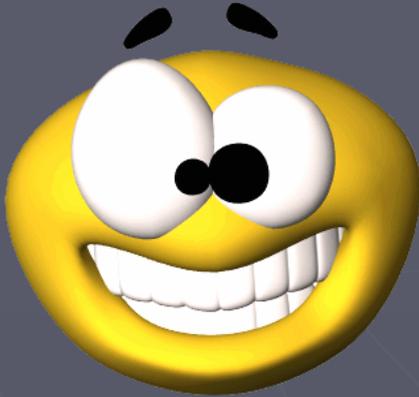


- Paternal separation puts children at increased risk for various psychological and social pathologies.

- Teenage pregnancy is up to 5 times more likely if the biological father is not in the home.



Self - Concept



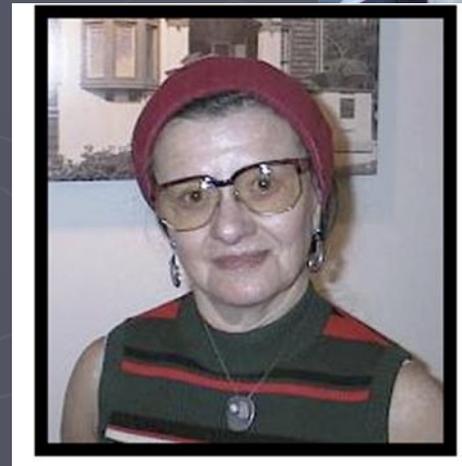
▶ A sense of one's identity and self-worth.

By 15-18 months a child will be able to tell it is her own reflection that she sees in a mirror

Child-Rearing Practices

- ▶ Parenting styles have been shown to have a positive correlational effect on a child's self-concept

According to Diana Baumrind: There are four general classifications of parenting styles:



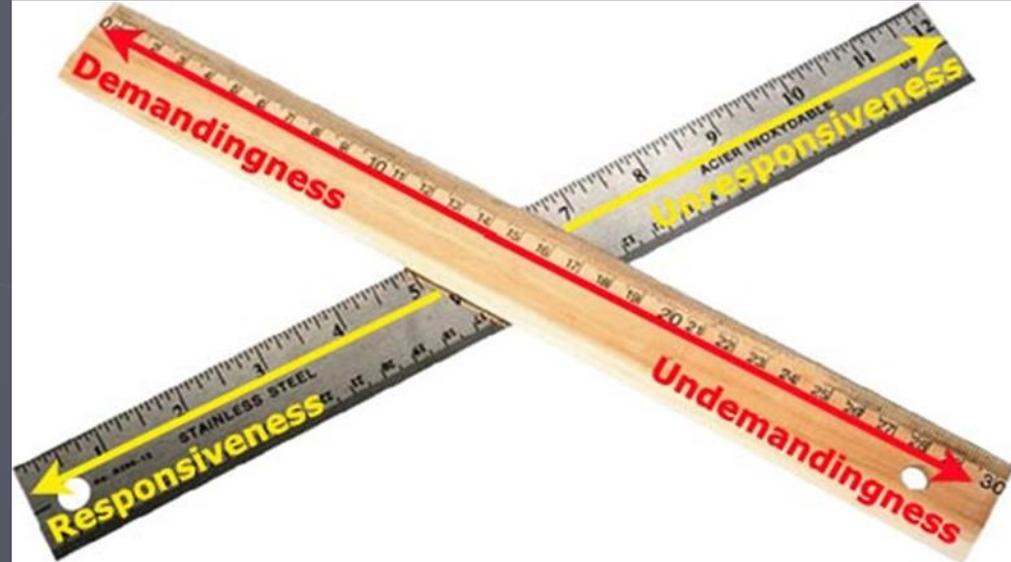
Diana Baumrind's Two Analytical Measuring Instruments

1) Parental responsiveness vs. parental unresponsiveness:

Responsiveness is about how much or how little parents meet and respond to their children's needs!

2) Parental demandingness vs. parenting undemandingness:

the level of behavior control parents exercise on their kids based on their expectations of 'mature' behavior.



Baumrind's Two Measuring Instruments

Authoritarian Parents

- ▶ **Impose rules and expect obedience.**

“You will become a doctor.”



The Authoritarian Parent

- ▶ High in demandingness and low in responsiveness
- ▶ Attempts to shape and control child's behavior and attitudes with an absolute set of rules
- ▶ Values obedience
- ▶ Does not engage in verbal give and take; believes child should take his/her word as what is right
- ▶ Highly controlling

Effects on children

- ▶ Performs moderately in school
- ▶ Less likely to become involved in deviant behavior
- ▶ Poorer social skills when compared to children of Authoritative parents
- ▶ Lower Self-Esteem
- ▶ Higher levels of Depression

Permissive Parents

- ▶ Parents submit to their children's desires, make few demands and use little punishment.



- ▶ Permissive: (permissive indulgent)
 - Allow their child to make their own decisions w/very few limits
- ▶ Uninvolved: (permissive indifferent)
 - Self-centered in child rearing
 - Distant from child

The Permissive Parent

- ▶ Low in demandingness and high in responsiveness
- ▶ Attempts to behave in a nonpunitive and acceptant manner toward a child's behavior and needs
- ▶ Few demands for responsibility or orderly behavior
- ▶ Presents as a resource for the child to use as he/she wishes
- ▶ Allows child to regulate own behavior
- ▶ Does not encourage the child to adhere to defined standards

Effects on children

- ▶ High **DEFENSIVE** Self-Esteem (unhealthy/insecure)
- ▶ Better Social Skills
- ▶ Lower levels of depression
- ▶ Disengaged in school
- ▶ Higher chance of deviant behavior including drug and alcohol abuse

Authoritative Parents

- ▶ Parents are both demanding and responsive.
- ▶ Exert control by setting rules, but explain reasoning behind the rules.
- ▶ Encourage open discussion.



Another great example: The parents from "Easy A".



The Authoritative Parent

- ▶ High in both demandingness and responsiveness
- ▶ Encourages verbal give and take
- ▶ Shares reasoning behind decisions
- ▶ Reinforces his/her perspective, but recognizes child's interests and special ways
- ▶ Affirms child's current qualities but set a standard for future conduct
- ▶ Uses reason, power, reinforcement to achieve desired behavior

Effects on children

- ▶ Healthy (secure) self-esteem
- ▶ Perform well scholastically
- ▶ Exhibit few internalizing or externalizing behaviors
- ▶ More socially competent
- ▶ Most likely to identify with parents
- ▶ Less likely to get into trouble

Temperament Studies

- ▶ Studies show that sensitive mothers tend to have securely attached infants.
- ▶ Is that due to parenting, or genetics? Does a child's temperament play a role?
- ▶ Van den Boom's study suggested that attachment styles can be changed. Can temperament?



Use the textbook - page 102 (pages 428-429 in the *AP book)

Read the section on temperament and answer these two questions in your notebook (leave $\frac{1}{2}$ a page,) after today's notes:

1. Is temperament generally stable over time, or does it change as the years progress? USE DETAILS AND EXAMPLES FROM THE TEXT TO SUPPORT YOUR ANSWER.
2. Is temperament something that is primarily shaped by environment or genes? USE DETAILS AND EXAMPLES FROM THE TEXT TO SUPPORT YOUR ANSWER.