

Attachment Types Handout

Name: _____

Read the following and state which attachment type the child is according to Ainsworth's Strange Situation. Highlight the key phrases or words that helped you make your decision.

Afterwards, create your own descriptions of children with an attachment type in mind. Share it with another group and ask them to tell you what type they are.

Child A _____

Sarah is at the park. Her mother quickly pops into a shop while Sarah is playing. Sarah cannot see her mother and can only see strangers. She continues playing seemingly unbothered by the absence of her mother.

Child B _____

Freddy is watching a television programme while playing. He becomes scared by the programme and climbs onto his mother's lap. He is comforted by his mother, and calms down. When he is calmer, he climbs down and continues playing.

Child C _____

Sam is dropped off by his mother at the house of a new babysitter. When the mother leaves, he cries incessantly. The babysitter cannot calm him down. Later on, when the mother comes to pick him up, she tries to comfort him, but he still cries, and tries to push his mother away.

Child D _____

Gemma is in a shop. She wanders off and loses sight of her mum. She starts crying, and a stranger finds her, and tries to comfort her. Gemma still cries and pushes the stranger away. When her mother finds her, Gemma is relieved and hugs her mother. She calms down.

Child E _____

Katie is at playgroup with her mother. She seems disorganised and constantly keeps coming back to her mother while playing. She cries a lot. When her mother leaves the room briefly, Katie cries loudly. She won't let any other adult pick her up. When her mother returns, Katie is clingy, but will not let her mother hug her.

Child F _____

At a family get together, Bruce goes from adult to adult wanting attention. His mother is not favoured over other adults. Later when he is taken upstairs to bed, he cries when the door is closed and he is by himself.

Child G _____

Nancy is at the doctor's getting an injection. When she is briefly left alone with the doctor, she is uneasy but settles when her mother reenters the room. When the doctor injects her, she cries and clings to her mother. After a while her mother is able to calm her down.

Child H _____

Child I _____