MOTHER-CHILD ATTACHMENT

Attachment theory

Attachment theory relates to the emotional bond that connects an infant to the main person taking care of them (usually their mother). The way in which a mother reacts to the behavior of her child is of utmost importance as it determines whether this child will be able to count on her and feel safety and comfort.

mother:

- direct
- sensitive
- consistent
- supportive

She thinks that she will cover the needs of her child. She hopes that she

will be able to do it.

SECURE ATTACHMENT

child:

- They feel safe and confident enough to explore their surroundings.
- They start having faith in their abilities.
- They learn how to be resilient.
- They learn how to be independent.

mother:

- inconsistent
- often indifferent
- often sensitive

She can't provide for her child's needs.

AMBIVALENT ATTACHMENT

child:

- They feel stressed and insecure.
- They are angry.
- They experience emotional abandonment.
- They can't control their impulsivity.
- They are unsociable and aggressive.

mother:

- distant
- inactive
- dismissive
- critical
- irritable / eager to punish

She subconsciously feels that she does not provide for her child's needs.

AVOIDANT ATTACHMEN

child:

- They often feel rejected.
- They often suffer from emotional isolation.
- They feel stressed and scared.

mother:

- She exaggerates.
- She is unpredictable.
- She inspires fear.
- She is a drug addict.
- She suffers from a mental disorder.

She is very confused and cannot draw up a strategy to cover her child's needs.

DISORGANIZED **ATTACHMENT**

child:

- They feel very scared and sad.
- They approach strangers trying to find safety.
- They have low self-esteem.
- They feel angry.
- They are passive.

