



Erasmus + VET Strategic Partnership

**IENE 8 - Empowering migrant and refugee families with parenting skills**

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## Bite-sized Learning Tool no. 1.1

### BONDING (0-24 MONTHS)

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## BONDING

This bite-sized learning unit will address what Bonding and Attachment Theory is and their specific relevance to the refugees' and migrants' parental skills.

## LEARNING OBJECTIVES

1. To define the Attachment Theory, as it is related to bonding conceptualization.
2. To explain the psychological perspective that focuses on bonding as the connectedness among human beings
3. To show how much important the primary attachment is not only during the childhood but even when children grow up. It is like a luggage that human beings bring with them for ever

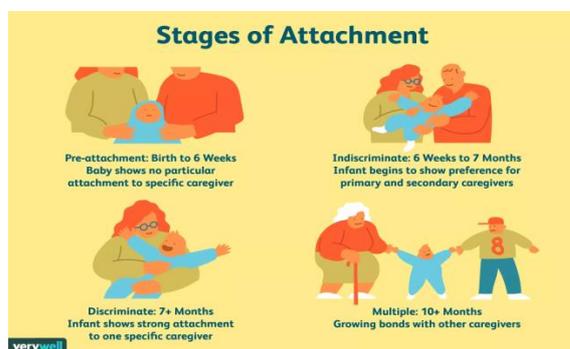
## WHAT IS BONDING

**Definition:** Within Bonding the “Attachment theory” has been developed. It is focused on the relationships and bonds between people, particularly long-term relationships (e.g.parent/child). British psychologist John Bowlby was the first attachment theorist, describing attachment as a "lasting psychological connectedness among human beings”.

Bowlby is interested in understanding the separation anxiety and distress when he/she is separated from their primary caregivers.

While the behavioral theories of attachment suggest that attachment is a learned process, Bowlby and others propose that children are born with an innate drive to form attachments with caregivers.

Bowlby observes that even feedings do not diminish the anxiety experienced by children when they are separated from their primary caregivers. Indeed, attachment is characterized by clear behavioral and motivation patterns. When children are frightened, they will seek proximity from their primary caregiver in order to receive both comfort and care.



There are four stages of Attachment, as the closed photo briefly shows. Thus, attachment is important in every stage of life, not only during the childhood



## ACTIVITY

Following, some relevant suggestion to improve a positive stile of attachment.

- Enjoy and take pleasure in your relationship with your baby
- Follow your baby's lead
- Provide consistency and predictability in your care routines
- Don't worry about "spoiling" your baby
- Use nonverbal communication to bond with your baby
- Provide a holding environment for your baby
- Take care of yourself
- ....

Try to find other good practices to enhance a secure attachment

## REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

-Please, explain which is the best attachment style and why:

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## SELF ASSESSMENT

Bowlby was the only Author of the "Attachment Theory"	True	False
The output between a negative model of other and a negative model of self is a secure attachment	True	False
A secure attachment is positively relevant for the long-life wellbeing	True	False

## REFERENCES

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