



Ronald Mah, M.A., Ph.D.

Licensed Marriage & Family Therapist, MFC32136

Psychotherapy, Parent Education, Consulting & Staff Development

433 Estudillo Ave., #305, San Leandro, CA 94577-4915

(510) 614-5641 Office - (510) 889-6553 fax - E-mail: Ronald@RonaldMah.com - Web: www.RonaldMah.com

Ainsworth's Patterns of Attachment Theory*

Secure Attachment (66%):

Attachment style in which an infant separates readily from the primary caregiver and actively seeks out the caregiver when she or he returns.

Avoidant Attachment (20%):

Attachment style in which an infant rarely cries when the primary caregiver leaves and avoids contact on his or her return.

Ambivalent (resistant) Attachment (12%):

Attachment style in which an infant becomes anxious before the primary caregiver leaves but both seeks and resists contact on the caregiver's return.

Disorganized-Disoriented Attachment:

Attachment style in which an infant shows contradictory behaviors, and seems confused and afraid.

Characteristics of caregivers of **securely attached** babies:

- most sensitive to babies demands in first year of life;
- observed "demand" feeding;
- responsive to cues to stop, slow down, or speed up feeding;
- more likely to soothe babies when they cried- to answer babies sounds;
- more likely to talk to babies when they looked into caregiver's face;
- tend to hold them closer to their bodies;
- more responsive and skilled in caretaking;
- had positive feelings about themselves.

Characteristics of caregivers of **avoidant attached** babies:

- angriest of all caregivers;
- tense;
- irritable;
- lacking in confidence;
- seemed uninterested in their babies;
- trouble expressing their feelings;
- shied away from close physical contact with their babies.

Characteristics of caregivers of **ambivalently attached** babies:

- well meaning but less capable;
- tended to score lower on IQ tests;
- understand less how to meet their babies' needs.

*A Child's World, Infancy Through Adolescence, Papalia and Olds, McGraw-Hill, Inc. New York, 1993.