

Attachment Glossary

Ainsworth Strange situation – a procedure involving short separations from and reunions with the parent that assesses the quality of the attachment bond

Anxious-avoidant attachment – a type of insecure attachment in which the infant readily separates from the caregiver but avoids contact after a separation

Anxious-resistant attachment – a type of insecure attachment in which the infant separates from the caregiver reluctantly but shows ambivalence toward the caregiver after a separation

Attachment – an enduring emotional tie between an infant and a caregiver

Bonding – the parent's initial emotional tie to the newborn

Greeting reactions – positive reactions of infant when the caregiver appears

Secure attachment – a pattern of attachment in which the infant is confident of the caregiver's availability and responsiveness, can use the caregiver as a secure base for exploration, and can use the caregiver as a source of comfort when upset

Secure-base behavior – behavior in which the infant uses the caregiver as a base for exploration

Separation distress – negative reaction of infant when the caregiver temporarily leaves

The Ainsworth-Strange Situation (video The Attachment Relationship)

Event	Attachment Behavior Observed	Emily	Eva
1. E introduces parent and baby to playroom and then leaves			
2. Parent is seated while baby plays with toys	Reaction to unfamiliar room and parent as secure base		
3. Stranger enters, is seated, and talks to parent	Reaction to unfamiliar adult		
4. Parent leaves room, Stranger responds to baby and offers comfort if upset	Separation anxiety		
5. Parent returns, greets baby, and if necessary offers comfort. Stranger leaves room.	Reaction to reunion		
6. Parent leaves room	Separation anxiety		
7. Stranger enters room and offers comfort	Ability to be soothed by stranger		
8. Parent returns, greets baby, if necessary offers comfort, and tries to reinterest baby in toys	Reaction to reunion		

**Patterns of Attachment
Ainsworth's Strange Situation**

Secure	Infant is confident of caregiver's availability and responsiveness, and can use caregiver as secure base for exploration. Most (60-70%) infants show this.
Anxious-resistant	Infant separates from the caregiver reluctantly but shows ambivalence toward caregiver after a separation.
Anxious-avoidant	Infant readily separates from caregiver and avoids contact after a brief separation.

Main added another attachment style:

Disorganized-disoriented	Infant shows contradictory features of several patterns of anxious attachment or appears dazed and disoriented.
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Quality of Care & Security of Attachment

Attachment Pattern	Associated Caregiver Behavior
secure	<ul style="list-style-type: none">• sensitive care
anxious-resistant	<ul style="list-style-type: none">• inconsistent care• exaggerated maternal behaviors• ineffective soothing
anxious-avoidant	<ul style="list-style-type: none">• indifference• emotional unavailability or• active rejection
disorganized-disoriented	<ul style="list-style-type: none">• maltreatment or• frightening or confusing behavior