

# Attachment Theory: Fast Facts

---

Here's some of the things we know about infant attachment from attachment theory.

## What is attachment?

Attachment is a close emotional bond between two people. Which means when you hear the words "attachment style" or "secure attachment" you need to think "it takes two to tango". Attachment is not a trait of the child's but a trait of the relationship between child and caregiver.



---

## Characteristics of Attachment

---

- 1.** Secure Base: Babies treat their caregiver as a "home base" from which they can explore the world.
  - 2.** Safe Haven: Babies return to their caregiver in times of stress or fear for comfort and safety.
  - 3.** Proximity Maintenance: Babies have a strong desire to be near the people they have a close emotion bond with (e.g., their caregivers!)
  - 4.** Separation Distress: This is what is commonly known as separation anxiety. Babies don't like being separated from their caregivers!
- 

---

## Phases of Attachment

---

- 1.** Birth to 2 months: Newborns love humans and faces. They'll smile at just about anyone!
  - 2.** 2 to 7 months: Babies start to focus their attachment on one person because they're learning to distinguish familiar from unfamiliar people
  - 3.** 7 to 24 months: Specific attachments to other people develop now. As babies start moving, they start seeking out contact with their caregivers like mom and dad.
  - 4.** 24 months and up: Children start to become aware of how other people feel, their goals and plans and use this to inform their own actions
-