

Bowlby's viewpoint concerning a parent- child bond

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I believe, at some time in their lives, human beings desire to have children who grow up to be healthy, happy and independent. Bowlby views successful parenting in Western cultures, like one that requires a lot of hard work. A 24 hour-a-day job for 7 days a week of looking after a baby is often a worrying one. Although the load lightens as the children become older, they still require lots of time and attention if they are to prosper. Giving time and attention to children requires ones to sacrifice other interests and activities (Bowlby 2). From different studies, the author attests that healthy, happy and independent young adults and adolescents are products of stable homes in which both parents give enough time and attention to the children. He continues to put that the child's caregiver needs a lot of assistance, from the other parent, though it normally comes from the grandmother in most societies. I totally agree with Bowlby's way of parenting, because successful parenting is a key to the mental health of the next generation.

A parent-child bond is not only healthy for the child's well-being but an essential part of what it means to be human. Attachment theory teaches three main attachment patterns; secure, avoidant and ambivalent, which are behaviors that continue into adulthood. While they explore the world, securely attached children are confident, since they used the parent as a secure base. Bowlby's work also showed that the early interactions between infant and caregiver have a significant impact on infants social, emotional, and intellectual growth (Bowlby 1907-1990).

Attachment behavior of a child is activated mostly by pain, fatigue, fright, and the mother's inaccessibility. Bowlby cited the description of Klaus, Trause and Kennelle (1975), on how a mother picks up and begins to stroke the baby's face with her little finger immediately after its birth. At this time,
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the baby quietness and when put to her breasts, it responds with the prolonged licking of the nipple (Bowlby 6). This shows the initiation of a mother-infant interaction which starts at an early age of a child development, which is extremely vital in developing a secure attachment for the child since the child grows up feeling securely attached.