

Session 6 Mother-Infant Attachment

第6节 母婴依恋



证道心理

- Role of Attachment
依恋的作用
- Importance of Attachment
依恋的重要性
- Biology of Attachment
依恋的生物学
- Types of Attachment Styles
依恋的类型
- How to keep Attachment more secure
怎样让依恋更安全

The Role of Attachment

依恋的作用



证道心理

Protection

◆ 保护

◆ Emotional Regulation: Sense of safety; soothing & comfort

情感调节：安全感；抚慰 & 安慰

◆ Social Relationship

社会关系

- companionship

陪伴

- back & forth social interaction

来回的社交互动

- balance closeness and separateness

平衡亲密与分离

- development of mind and an understanding of self & other

心智的发展和对自我及他人的理解



Importance of Attachment 依恋的重要性

- ◆ Keep baby alive and safe
让婴儿安全地活着
- ◆ Creates a model for all future relationships
为未来所有的关系创立一个模型
- ◆ Forms the basis of eventual self-regulation
形成最终自我调节的基础
- ◆ Builds a sense of trust in others as teachers, guides and role models
建立对他人的信任感，例如对老师，指导者和榜样

Biology of Attachment: Oxytocin and Dopamine

依恋的生物学：催产素和多巴胺



证道心理

Before Birth: Oxytocin released at the end of pregnancy

出生之前：催产素在妊娠末期释放

- Prepares mother for her role as mother: more sensitive to baby cues; she prioritizes baby's needs, calms her and reduces her stress level
为母亲的角色做准备：对婴儿的信号更敏感；她优先考虑婴儿的需要，让她平静下来并且减少她的压力水平

After Birth: Oxytocin released by Maternal Care and Mother-Infant interaction

出生之后：催产素在母性照料和母婴互动时释放

- Increases mother's sensitivity to infant cues of distress & her motivation to relieve her baby's distress
提高母亲对于婴儿痛苦信号的敏感度 & 她缓解婴儿痛苦的动机

Dopamine involved in all aspects of reward and pleasure

多巴胺参与奖励与快乐的各个方面



证道心理

- Positive experience caring for child and desire to do so
关爱孩子的积极经验和愿望
- Sense of purpose and devotion to give so much energy to the task
为这项任务投入这么多精力的决心和奉献精神
- Rewires mom's brain in response to her infant's cues
根据婴儿的信号重新调整母亲的大脑
- Gives her a dopamine 'reward' for all her hard work
给她所有的辛劳工作一个多巴胺“奖励”
- Makes baby happy>>>reward: Makes baby unhappy>>>stress
让孩子高兴>>>奖励; 让孩子不开心>>>压力
- Baby distress activates >>> reward in Secure moms; pain in dismissive moms
孩子的痛苦激活>>>安全型妈妈的奖励; 冷漠型妈妈的痛苦



Attachment and What the baby can do 依恋及婴儿可以做什么

- Baby's smile is mother's reward for her hard work>>>dopamine in mom
婴儿的笑容是对母亲辛苦工作的奖励>>>母亲体内的多巴胺
- Some baby's (premature; ill; difficult temperament) may not be able to signal their pleasure in mom's care>>> mom does not get her reward
一些婴儿的（早产；疾病；喜怒无常的性格）可能导致对母亲的照顾不能传达出快乐的信号>>>母亲没有得到她的奖励

3 main Attachment Styles

3种依恋的主要类型



证道心理

- **Characteristic way parent** responds to child's distress; balances closeness & connection with child vs. supporting the child's independence & autonomy

父母应对孩子痛苦的典型方式；平衡亲密&与孩子有连接 vs.支持孩子独立 & 自主

Secure style

安全型

Dismissive style

冷漠型

Preoccupied style

迷恋型

- **Parent history trauma/abuse impacts attachment**, can be transmitted from generation to generation; can be prevented by parent's reflectivity

父母的历史性创伤/虐待影响依恋，可以代际传递；可以通过父母的反思来预防

- **Strategies to keep the attachment secure**

确保依恋安全的策略



QUESTION

问题

- 这个世界是有阴暗面的，如何帮助孩子了解和理解社会和人性的阴暗面？如果家长对此提及比较多，他们会担心孩子受太多影响。如果告知不够，他们担心孩子无法保护好自己。家长怎么做才合适？
- This world has a dark side, how to help children understand and comprehend the dark side of society and human nature? If parents talk about this too often, they worry their children would be affected too much. If they don't tell them enough, they worry their children would be incapable of protecting themselves. What can parents do that would be considered suitable?



QUESTION

问题

- 前几年中国修改了计划生育政策，所以有更多的夫妻拥有第二个孩子。一个现实的情况是，父母往往会对两个孩子中的一个有所偏爱，无论他们自己是否承认。因此，家庭中的心理动力也会随之改变。作为父母，如何更好地处理自己对孩子的偏爱以及如何处理两个孩子之间的关系，以便让两个孩子都健康的成长？
- In the past few years, China has revised its family planning policy, so that more couples can have a second child. In a realistic situation, parents tend to love one of the two children more, whether they admit it or not. Therefore, the psychological motivation in the family will change accordingly. As parents, how should they better deal with their preference for one child over the other and the relationship between the two children, so that both can grow up healthily?