**Class Discussion**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Class Discussion**

**Answer 1:**

Separation is a hard process not just for a child but also for his parents. There are three basic stages of separation in a child's life.

* **Around eight months old:** During infancy baby is unaware of his surroundings but after reaching his eighth month he starts to understand his surroundings. In this stage, they start to feel the anxiety of separation as they are unaware that parents will come back.

**Tip:** In order to solve this they should be handed to trusted caregivers or grandparents so that they get used to seeing other people around them.

* **Toddler years:** toddlers are attached to their parents at this stage and they realize that they can stop their parents from leaving if they throw tantrum. This is very common behavior in toddlers.

**Tip:** Don't minimize the child's feeling by saying, "stop, you are grown up". Also, don't spend too much time in hugging before separation.

* **Preschool years**: Children feel difficulty due to change in routine. They act clingy and tearful in this stage during separation. But this gets better with time.

**Tip:** Explaining the importance of schooling and telling a child that feeling upset is okay, will help them transition(“Ages and stages of separation anxiety | Living and Loving,” n.d.)**.**

**Answer 2:**

Attachment is a long-lasting emotional connection between the child and parents. Children feel strong attachments to their primary caregivers, even in situations when the caregivers are abusive. Healthy attachment is based on the quality of attachment. Quality of attachment is based on a balance between the security base and insecurity base. In secure-attachment, a child feels attached, and loved by the parents and communicates to them in case of need. In insecure attachment, the child starts to feel insecure about separation from parents. This insecurity can be characterized by excessive dependency, failure to seek comfort and over concern for parent’s wellbeing, etc.

Healthy attachments are based on secure attachments that are built on love, affection, and trust. These healthy attachments ensure that the child trusts his primary caregivers and develops a deeper meaningful connection with them that is not based on insecurity. These healthy attachments help children grow into confident healthy individuals. Children who form healthy attachments are able to enjoy lives better and rebound from the loss situations(Robinson, 2018)

**References**

Ages and stages of separation anxiety | Living and Loving. (n.d.). Retrieved April 17, 2019, from https://www.livingandloving.co.za/child/ages-and-stages-of-separation-anxiety

Robinson, L. (2018, November 2). Building a Secure Attachment Bond with Your Baby - HelpGuide.org. Retrieved April 17, 2019, from https://www.helpguide.org/ website: https://www.helpguide.org/articles/parenting-family/building-a-secure-attachment-bond-with-your-baby.htm