

Human Bonding

HD 3620

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[Canvas Site: HD 3620 - Hazan - Spring 2024]

Finkel & Eastwick

(see reading for details)

~5% of mammals form pairbonds
bipedalism & brain (cranium) size
limits of the human birth canal

result #1: human infant altriciality
need for attachment system

result #2: evolution of pairbonds
regulated by same attachment
system

More Attachment Theoretical Terms and Concepts

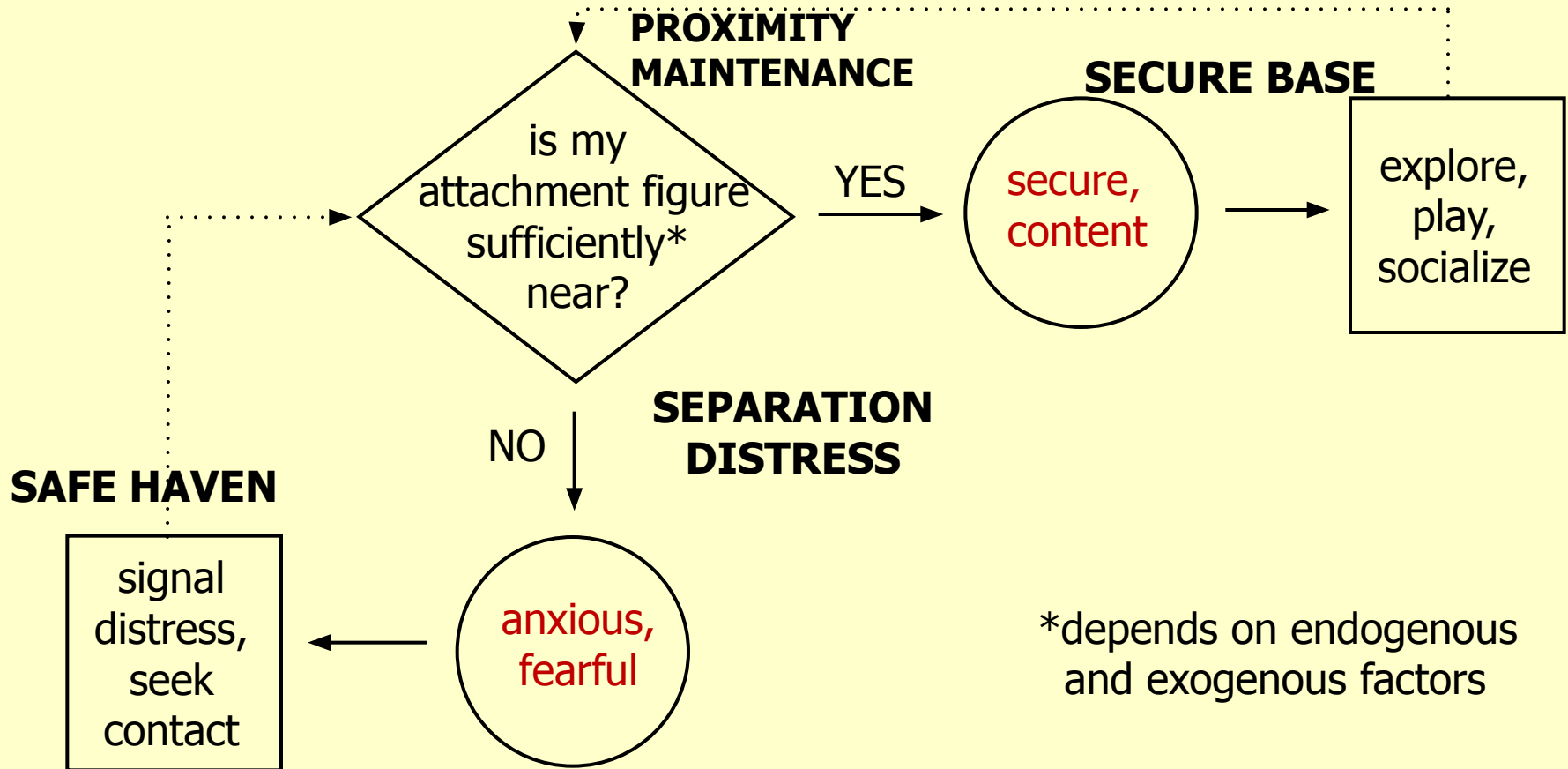
Hierarchy/ "Monotropy"

Attachment behaviors vs. bonds

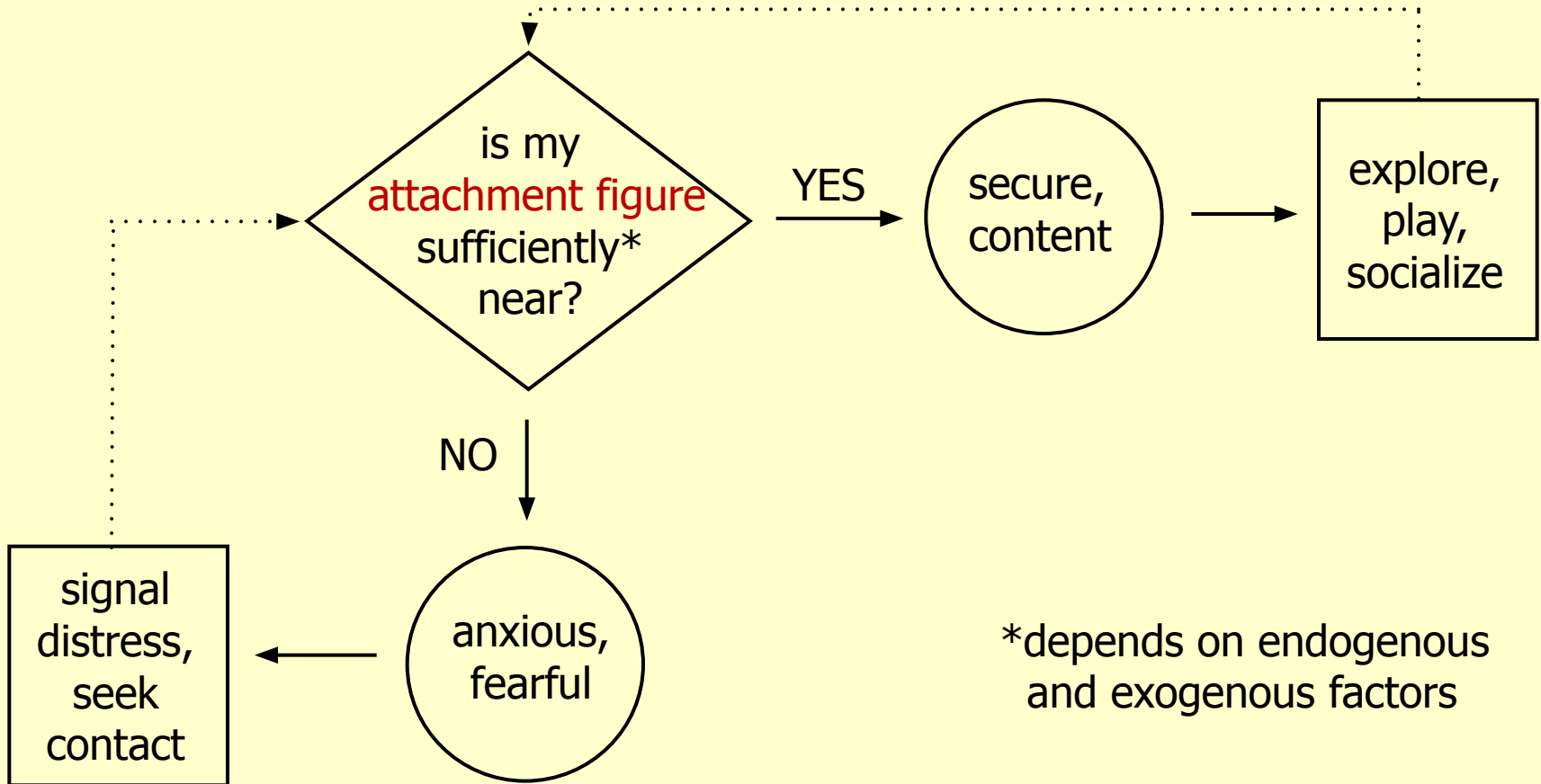
"Cradle to grave" (with normative restructuring)

Attachment Behavioral System

(emotional/affective CO-regulation function)



Attachment Behavioral System



Attachment figure "selection" factors

(if given a choice, babies...)

propinquity (who's around?)

familiarity (especially in the context of...)

physical maturity

physical intimacy

Three Adaptive Challenges for humans to survive as a species

survive to reproductive age

successfully reproduce

support offspring to reproductive age

Factors that Promote Bonding

(by activating the Parental/Caregiving System)

infants' neotenous features

infants' soft, smooth skin

aversiveness of infant cries (video)

appeal of infant laughter (videos)

"motherese," "parentese," baby talk, IDS
(videos)

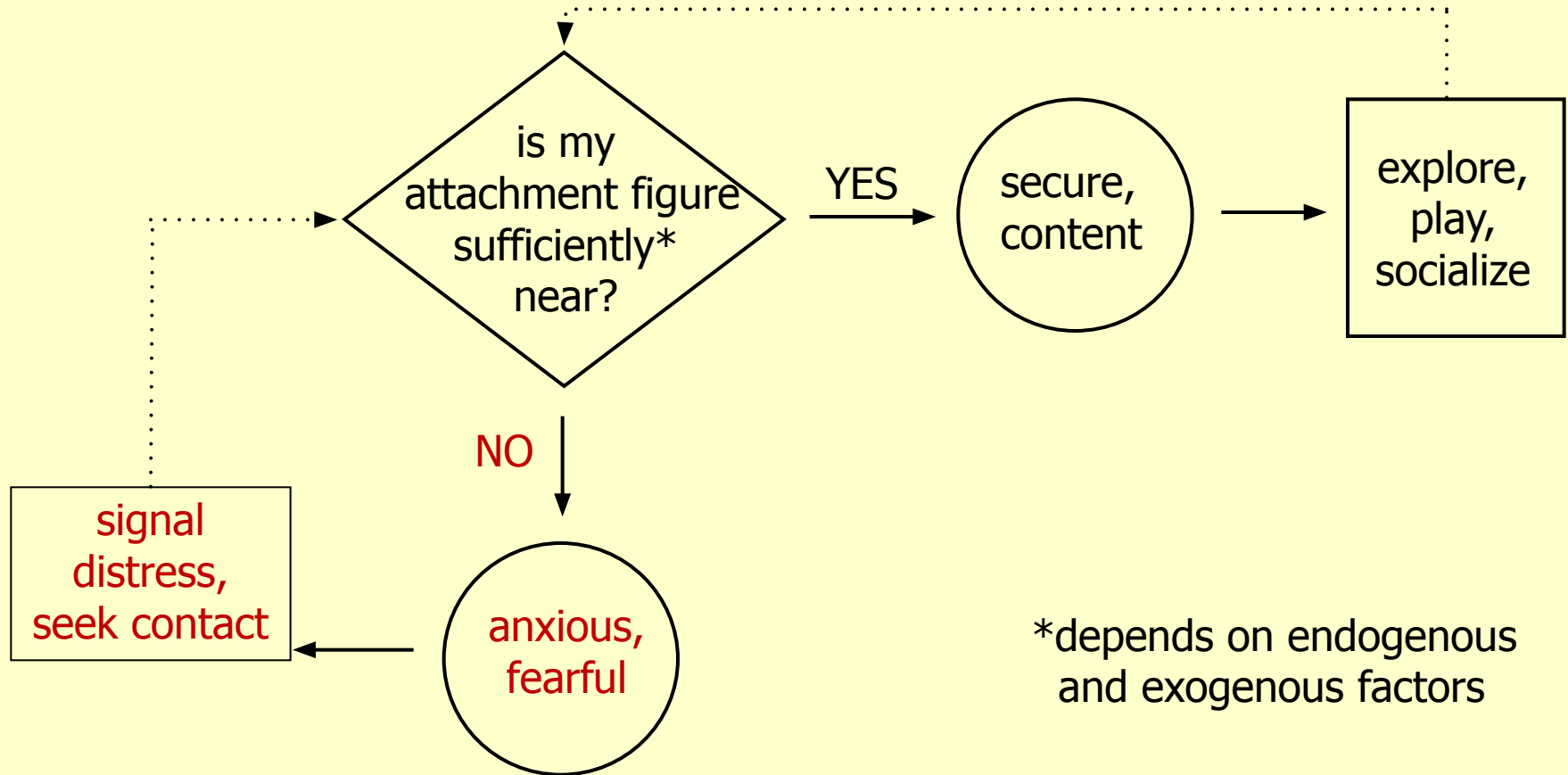
intonation, pitch, repetitions, whispers

infants' attraction to faces, especially eyes

soothing ventro-ventral contact (videos)

oxytocin (OT): labor, lactation, sexual

Attachment Behavioral System (reactions to separation)



Reactions to Separation ("Bowlby's terms")

Immediate, acute reaction

("protest")

Slower-developing reaction

("despair")

Explanation for this bi-phasic response?

enter rat researcher Myron Hofer



Hofer, 2006

(see reading for details)

Background & Methods

pups in "despair" phase? what exactly do they miss?

experiments reintroduced each maternal feature

Examples: bradycardia (milk), inactivity (warmth), reduced growth hormone (touch), and so on...

Results: each symptom was tied to a specific feature!

Conclusion

Psychological and physiological **co-regulation** is
an inherent feature of attachment

Psychological and physiological **dis-regulation**
as a result of separation from attachment
figures

cultural variation in sleep arrangements
isolated sleeping is both new and rare
(~10%)

cultural variation in SIDS (1-4 months)
(in u.s., ~2,500/yr, among highest)

any link??

Parent-Infant Co-Sleeping

Research by McKenna et al.

Potential SIDS contributors

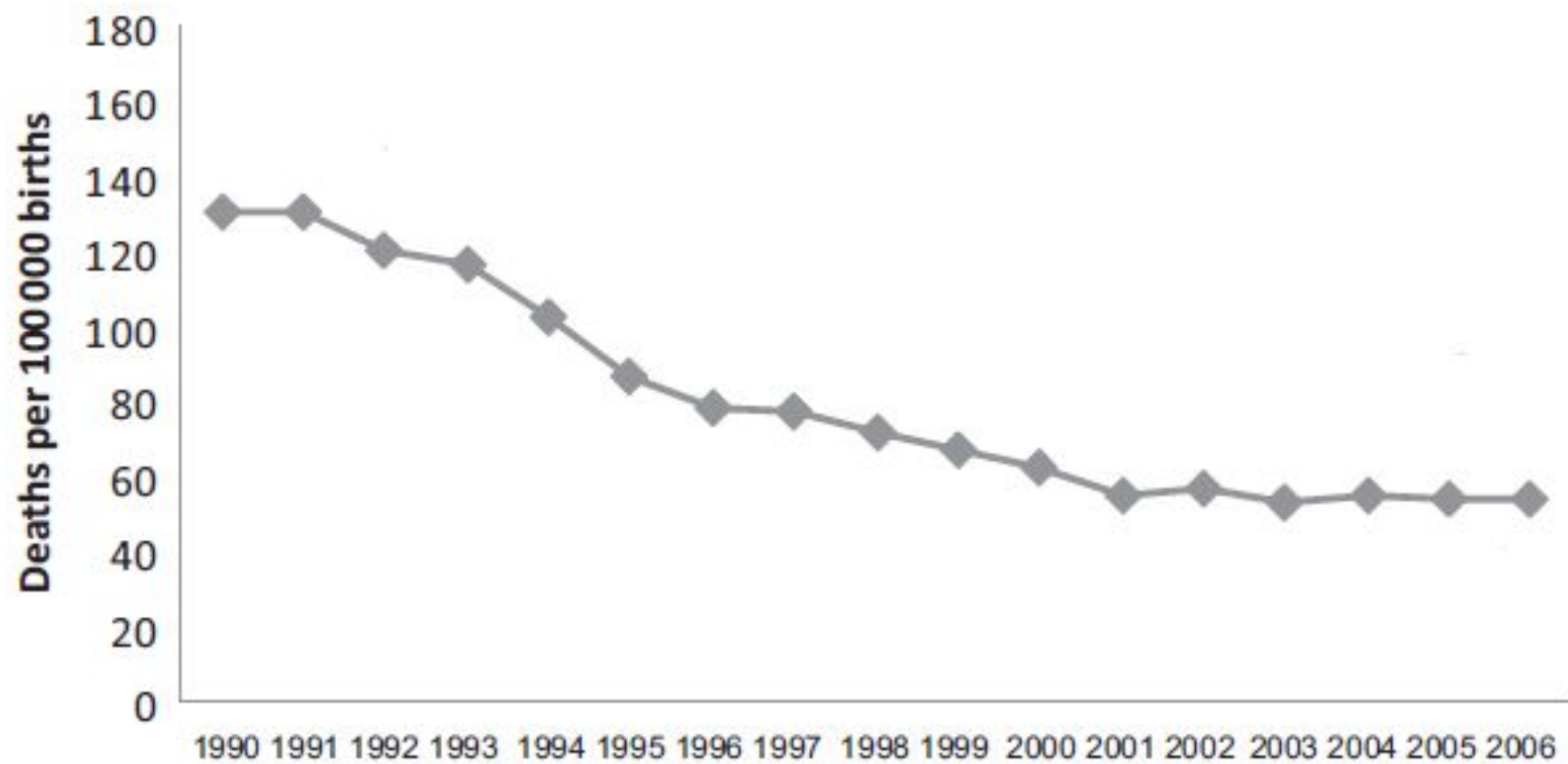
- Routine apneas
- Repositioning of larynx
- Relocation of breathing control
- Solitary sleeping??

Method (3 nights: first usual, then randomized)

Findings (co- vs. solitary-sleeping):

more waking, more nursing, more adjustments,
and less time in "deep" phases of sleep

Around the same time...



"Kangaroo Care"

Background

original studies in rural Colombia

a shortage of incubators for
preemies

a marsupial model of

pre-term infant care

"Kangaroo Care"

short-term effects (compared to incubators!!)

long-term effects (years later!!)