



Observation checklist

what to look
for in assessing
attachment and
bonding:



Observations Checklist; what to look for in assessing attachment and bonding:

birth to one year

Does the child...

- appear alert?
- respond to people?
- show interest in the human face?
- vocalise frequently?
- exhibit expected motor development?
- signal discomfort?
- appear to be easily comforted?
- exhibit normal or excessive displeasure?
- appear outgoing or seem passive or withdrawn?
- have good muscle tone?

Does the parent...

- respond to the infant's vocalisations?
- change voice tone when talking to or about the baby?
- engage in face-to-face contact with the infant?
- exhibit interest in and encourage age appropriate development?
- respond to child's cues?
- enjoy close physical contact?
- demonstrate the ability to comfort the infant?
- enjoy close physical contact with the baby?
- initiate close physical contact with the baby?
- initiate positive interactions with the infant?
- identify positive qualities in the child?

Observations Checklist; what to look for in assessing attachment and bonding:

one to five years

Does the child...

- explore his/her surroundings?
- respond positively to parents?
- keep him/herself occupied?
- show signs of reciprocity?
- seem relaxed and happy?
- look at people when communicating?
- show emotions in a recognisable manner?
- react to pain and pleasure?
- engage in age-appropriate activities?
- use speech appropriately?

Does the parent...

- use disciplinary measures appropriate for the child's age?
- respond to the child's overtures?
- initiate affection?
- provide effective comforting?
- initiate positively 'taking after' a family member?
- accept expressions of autonomy?
- seem aware of the child's cues?
- enjoy reciprocal interactions with the child?
- respond to the child's affectionate overtures?
- set age appropriate limits?
- respond supportively when the child shows fear?

Observations Checklist; what to look for in assessing attachment and bonding:

primary school years

Does the child...

- behave as though he/she likes him/ herself?
- show pride in accomplishments?
- share with others?
- accept adult imposed limits?
- verbalise likes and dislikes?
- try new task?
- acknowledge mistakes?
- express a wide range of emotions?
- establish eye contact?
- appear to be developing a conscience?
- move in a relaxed manner?
- smile easily?
- look comfortable when speaking with adults?
- react positively to parent being physically close?
- have positive interactions with siblings and/or peers?

Does the parent...

- show interest in the child's school performance?
- accept expression of negative feelings?
- respond to child's overtures?
- provide opportunities for child to be with peers?
- handle problems between siblings with fairness?
- initiate affectionate overtures?
- use disciplinary measures appropriate for child's age?
- assign the child age-appropriate responsibilities?
- seem to enjoy this child?
- know the child's likes and dislikes?
- give clear messages about behaviours that are approve or disapproved of?
- comment on positive behaviours as well as negative?

Observations Checklist; what to look for in assessing attachment and bonding:

adolescents

Is the adolescent...

- aware of personal strengths?
- aware of personal weaknesses?
- comfortable with his/her sexuality?
- engaging in positive peer interactions?
- performing satisfactorily in school?
- exhibiting signs of conscience development?
- free from severe problems with the law?
- aware of parent's values?
- occupied in appropriate way?
- accepting of adult-imposed limits?
- involved in interest outside the home?
- developing goals for the future?
- emotionally close to parents?

Does the parent...

- set appropriate limits?
- encourage self control?
- trust the adolescent?
- show interest in and acceptance of adolescent's friends?
- display interest in the teenager's school performance?
- exhibit interest in adolescent's activities?
- have reasonable expectations regarding chores and household responsibilities?
- stand by the adolescent if in trouble?
- show affection?
- think this child will 'turn out' okay?