- Secure attachment—an internal working model of relationships in which the child uses the parent as a safe base and is readily consoled after separation, when fearful, or when otherwise stressed.

- Insecure attachment—an internal working model of relationships in which the child does not as readily use the parent as a safe base and is not readily consoled by the parent if upset. Includes three subtypes of attachment: avoidant, ambivalent, and disorganized/disoriented.

- Origins of Secure and Insecure Attachments
  - One crucial ingredient for a secure attachment is emotional availability on the part of the caregiver.
    - One who is able and willing to form an emotional attachment to the infant.
  - Both acceptance of the infant by the parents and some aspect of sensitivity to the child—a quality that has been measured and given various labels, including synchrony, mutuality, and contingent responsiveness—are also necessary for the formation of an attachment relationship.
  - A disorganized/disoriented pattern of attachment seems especially likely when the child has been abused.
  - An insecure pattern is more common when the mother is inconsistently or unreliably available to the child.

- Attachment across Cultures
  - Possibility that secure attachments may be influenced by culture as well.
  - In each of eight different countries, a secure attachment is the most common pattern, found in more than half of all babies studied.
  - In five of the eight countries, an avoidant pattern is the more common of the two forms of insecure attachment.
  - One possibility is that the Strange Situation is simply not an appropriate measure of attachment security in all cultures.
  - It is also possible that the meaning of secure or avoidant is different in different cultures.

- Temperament and Attachment
  - The general timing of the development of attachment behaviors is the same in virtually all children.
  - The emotional intensity of the relationship varies considerably from child to child.
    - Infants differ in how much fear they show toward strangers.
  - Some of this difference may reflect basic temperamental variations.
  - Individual differences in infant temperament may also be related to security of attachment.
  - Goodness-of-fit—the degree to which an infant’s environment and his or her temperament work together.

- Stability and Long-Term Consequences of Attachment Quality
  - Stability of Attachment Classification
    - One important finding is that secure attachments seem to be more stable than insecure attachments.
    - The stability of an attachment classification appears to depend on an individual’s life circumstances.
    - The particular pattern of attachment shown by a child is in some sense a property of each specific relationship.
      - Some infants can be securely attached to one parent, but insecurely attached to another.