

# How Attachment Bonds Form And Endure

BY VAL FARMER

Children seek physical and emotional closeness with their parents. When children experience distress or threat, they turn to their parents for safety and comfort. Most of all, when children feel secure in their parents' availability and willingness to respond to them, they explore the world and other relationships.

These three functions — proximity-seeking, a safe haven and a secure base — form the basis of attachment. Psychologist Cindy Hazan and her colleagues at Cornell University have studied how these three attachment aspects gradually shift from parents to romantic partners. Peer friendships provide the transition experiences for learning the social skills needed to sustain adult relationships.

How do children develop the ability to be reliable and responsive care providers as required in adult relationships? How do they transfer their dependence on their parents to an attachment with a romantic partner?

**Proximity-seeking.** How willing children are to seek and make friends and playmates depends on how secure they feel with their parents. Secure attachment is the springboard to social and nonsocial learning.

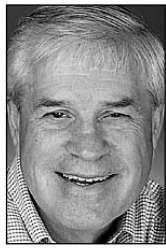
• By the age of 3, children usually like to play with others their age. They can play games and engage in complex social action for long periods.

• By ages 5-7, children showed a slight preference (52 percent) for spending time with their friends than with their parents.

• By ages 8-10, children still rely on their parents for comfort and security while preferring to spend time with friends (61 percent).

**Safe haven.** Beginning around age 10 through age 16, children add the safe haven type of attachment to their relationships. During this time, teenagers do not become more independent. They trade dependence on parents for dependence on peers.

• By age 11, most youngsters not only prefer to spend time with peers but are beginning to turn to their friends for emotional support and comfort. Girls start doing this earlier than boys.



VAL FARMER

• Among 11- to 13-year-olds, the majority sought proximity and comfort from peers. However, they still turned to their parent first when they wanted to share positive news. During these ages, 81 percent saw their parents as their base of security.

• A peer was named by three-fourths of 17-year-olds as the person they preferred to be with, and to whom they turned for emotional support. This was usually a best friend or romantic partner. The majority still considered their parents to be their base of security. By age 17, there was no difference in whether they shared positive and negative events with their peers.

The process of letting go starts early and it happens gradually. Friendships during childhood and adolescence are a vital part of growing up.

**Secure base.** Through high school, parents serve as the base of emotional security for most teens. By late adolescence and early adulthood, the three types of attachment are gradually transferred to peers with the base of security the last to go.

Relationships need time, trust and commitment to take the place of the certain commitment and security parents have provided over the years.

— More than 90 percent of the adults named a romantic partner as their base of security.

— None of the adults studied preferred to spend time with parents or reported being bothered by separations from parents.

— Only 4 percent reported that a parent was their primary source of comfort and emotional support. Ten percent considered their parents to be their base of security.

Hazan also feels that romantic relationships progress in the same sequence: proximity (sexual interest, mutual attraction) to safe haven (comfort and care) and finally to a secure base.

**Attachment and new marriages.** Even within the early years of marriage, the relationship shifts from attraction and mutual enjoyment to meeting each other's needs for comfort and security. The attraction phase of a relationship has been estimated to last two to three years.

**Not letting go.** If a couple hasn't established a pattern of being emotionally available and responsive to each other's needs, then breakups are likely. This may explain why there is a peak in divorce after four years even while rates of divorce change. The new bond doesn't get established because the old ones take precedence. Upset spouses sense they are not the source of confiding, trust and comfort and feel like third wheels in their own marriages.

**Not feeling safe.** Some of the disputes young couples have occur when one partner continues to use their parents as a safe haven and secure base for confidential conversations. This may occur because in the process of trying to resolve conflict in a new marriage, one partner may come to doubt the empathy, care and concern their partner has for him or herself.

Angry outbursts, selfish demands or disrespectful judgments violate the attachment bond. As a result the recipient begins to feel emotionally unsafe in expressing his or her opinion.

**Feeling betrayed or abandoned.** Some attachment wounds — being betrayed or abandoned in a situation of threat or loss — may have occurred and haven't been resolved. Their marriage is perceived as no longer secure. Walls go up. One partner shuts down emotionally as a way of protecting him or herself from further hurt.

In either case, the unhappy spouse may turn to their former secure base for advice and comfort. Counseling is needed to reestablish the marital relationship as a secure base for comfort, confiding and affection.

For more information on justice, visit Val Farmer's website at [www.valfarmer.com](http://www.valfarmer.com).

*Val Farmer is a clinical psychologist specializing in family business consultation and mediation with farm families. He lives in Willowood, Missouri and can be contacted through his website.*

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## VISITING HOURS:

# How To Maintain Your Quality Of Life

BY ANGIE O'CONNOR  
Avera Sacred Heart Wellness Center  
Director



O'Connor

Do you hope to maintain quality of life as you grow older? Is it important that you're able to perform your daily tasks, enjoy your recreational activities and care for yourself? You probably would like to stay fit, trim, strong and mobile for as long as possible. You can do more than just hope for these qualities as you age since many of the symptoms of old age are actually symptoms of inactivity. For example, muscle weakness, balance problems, bone loss, and sluggish metabolism are changes that are associated with aging, but are not exclusively caused by it. Making exercise a part of your regular daily routine, can help improve your physical and mental well-being.

What kinds of exercises improve health and ability? There are four different kinds of exercises that help older adults improve overall health conditions. Strength exercises are geared to make your muscles stronger. Having stronger muscles means having more strength to do things on your own. Even very small strength gains can make a big difference in day-to-day abilities. Strength exercises also increase your metabolism, helping to keep your weight and blood sugar in check. That is especially important since obesity and diabetes are major health concerns for older adults. Also, studies suggest that strength exercises may help reduce the risk of osteoporosis. Strength exercises can be done through lifting weights and/or working with resistance bands.

Cardiovascular exercise is a type of exercise that will increase your breathing and heart rate. This type of exercise will help improve the health of your lungs and heart. It will give you more energy for the tasks you need to do to live and do things on your own, such as

climbing steps and grocery shopping. Some examples of cardiovascular exercises are walking, biking, rowing, or any other activity that raises the heart rate and keeps it there for a sustained period of time. Activities such as these not only aid in weight loss, but also may delay or prevent many diseases associated with aging, such as diabetes, colon cancer, heart disease, stroke, etc.

Balance exercises help prevent a common problem in older adults, falls. Falling can cause broken hips and other injuries that often lead to loss of independence. Some balance exercises build up your leg muscles, while others require simple activities such as briefly standing on one leg.

Flexibility exercises help to keep the muscles and joints in your body limber through stretching activities. The more flexible you keep your body, the less prone to injuries you are.

No time is a better time than now to get yourself in better physical shape. Start by choosing an activity that you will enjoy doing, and maybe find a friend to exercise with you. When beginning, ease into a program, have fun, and let the benefits of exercise keep you going strong.

Avera Sacred Heart Wellness center offers over 30 group exercise classes per week. Many of these are specifically for seniors including our SilverSneakers® and Senior Toning classes. Arthritis water aerobics, general water aerobics and gentle yoga are great options as well.

*This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.*

## SCHOLASTICS

### TANNER MART RECEIVES HOMEBUILDERS SCHOLARSHIP

The Lewis and Clark Homebuilder's Association is proud to announce that Tanner Mart of Vermillion High School is the recipient of the 2010 Lewis and Clark Homebuilder's Association scholarship. This \$500 scholarship was established to assist a graduating high school senior further their education in a construction related field, to encourage students to pursue a career in the construction industry, and to enhance their knowledge and skills. Tanner plans to attend the building and construction program at Western Iowa Technical Institute in Sioux City, Iowa.

The Lewis and Clark Homebuilders Association serves people in and around Clay, Yankton, Bon Homme, Turner and Hutchinson Counties. For more information about becoming a member of the Homebuilders Association or for a free copy of our membership directory, please contact us at 605-661-7215 or e-mail us at [ichomebuilders@w.net](mailto:ichomebuilders@w.net)

### SCHIRF RECEIVES TALENT GRANT FROM MSU-MANKATO

MANKATO, Minn. — Kayla Schirf has been named recipient of a \$1,500 Creative Writing Talent Grant at Minnesota State University, Mankato for the 2010-2011 academic school year.

Talent grants in the area of creative writing are based on a student's portfolio of the student's literary works. This portfolio is judged by a panel of Minnesota State Mankato English professors.

Kayla is the daughter of Vicki Nedved of Yankton.

### AREA STUDENTS NAMED TO MINNESOTA DEAN'S LIST

MINNEAPOLIS — The following area students have made the Dean's List for the University of Minnesota Twin Cities campus 2010 Spring Semester.

Students on the list all achieved a grade point average of 3.66 or higher while taking 12 or more credits.

Area students are Emmalynn Bauer, College of Liberal Arts and Anne E. Kinsley, College of Biological Sciences, both from Yankton.

### UNL DEAN'S LIST RELEASED

LINCOLN, Neb. — Following is a list of University of Nebraska-Lincoln students named to the Dean's List/Honor Roll for the spring semester of the 2009-10 academic year.

Qualification for the Dean's List/Honor Roll vary among the eight undergraduate colleges and the Division of General Studies. Listed below are the minimum grade-point averages on a 4-point scale (4.0 equals

A) for each entity and the name of its respective dean or director. All qualifying grade-point averages are based on a minimum of 12 or more graded semester hours. An asterisk (\*) following a student's name on the Dean's List denotes a 4.0 grade-point average. Students can be on the Dean's List for more than one college.

Area students include:

**South Dakota:** Mallory Elizabeth Slama, sophomore, Arts and Sciences, mathematics.

**Vermillion:** Stacey Renae Joy, senior, Engineering, biological systems engineering; William Lee Kjeldsen, junior, Engineering, computer engineering; April Joy Sun\*, freshman, Fine and Performing Arts, music.

**Wagner:** John Fysavy, freshman, Agricultural Sciences and Natural Resources, forensic science.

**Yankton:** Abby Burbach, sophomore, General Studies, undeclared; Jacqueline Rae Frick, junior, Business Administration, business administration; Samantha C. Haukaas-Richardson\*, senior, Arts and Sciences, psychology; Trevor Kindler\*, sophomore, Agricultural Sciences and Natural Resources, biochemistry; Keith Joseph Luchtel\*, junior, Arts and Sciences, computer science; Christopher Charles Pokahr, junior, Architecture, pre-architecture; Ethan Joseph Schroeder\*, sophomore, Education and Human Sciences, nutrition, exercise and health science.

**Nebraska:** Haley Mae Keller, sophomore, Education and Human Sciences, inclusive early childhood education; Mark Daniel Schroeder\*, senior, Education and Human Sciences, social science education.

**Coleridge:** Alex Brodersen, junior, Agricultural Sciences and Natural Resources, forensic science; Zackery Waldie Krei\*, senior, Education and Human Sciences, nutrition science.

**Concord:** Scot Michael Surber\*, senior, Education and Human Sciences, nutrition, exercise and health science.

**Creighton:** Katie Lynn DeMuth, junior, Education and Human Sciences, nutrition science; Alissa Doerr, sophomore, Agricultural Sciences and Natural Resources, agribusiness; Emily Jean Henes, junior, Education and Human Sciences, speech-language pathology.

**Creighton:** Caitlin Jones, sophomore, General Studies, undeclared; Katherine Koch\*, senior, Agricultural Sciences and Natural Resources, animal science; Bridgette Marie Lancaster, sophomore, Education and Human Sciences, speech-language pathology.

**Hartington:** Mana Gabriel Becker\*, senior, Arts and Sciences, physics; Aaron John Brodersen, sophomore, Engineering, computer engineering; Samuel Duane Heithold, sophomore, Arts and Sciences, history; Corey Michael Kruse, junior, Engineering, mechanical engineering; Anthony Ryan McTaggart, junior, Business Administration, finance; Kyle Richard Dump, sophomore, Journalism and Mass Communications, news-editorial; Devon Lee Kathol, sophomore, Fine and Performing Arts, art; Kayla Marie Lounsbury\*, junior, Journalism and Mass Communications, advertising; Melissa Anne Moser\*, junior, Education

and Human Sciences, speech-language pathology; Brittany Sue Sturek, junior, Journalism and Mass Communications, news-editorial; Jansen Marie Wirtz, junior, Education and Human Sciences, hospitality, restaurant and tourism management.

**Laurel:** Brittany Dietrich, sophomore, General Studies, undeclared; Alyssa Lucille Lundahl\*, junior, Arts and Sciences, psychology.

**Randolph:** Danielle D. Alderson, senior, Education and Human Sciences, elementary education; Chelsey Gayle Bloomquist, senior, Business Administration, management; Karl Lynn Gubbeles\*, senior, Education and Human Sciences, elementary education; Emily A. Tunink\*, senior, Arts and Sciences, political science.

**Saint Helena:** Katie Wiepen, senior, Agricultural Sciences and Natural Resources, horticulture.

**Wausa:** Jason Rodney Banks, senior, Engineering, construction management; Kayla Kumm\*, freshman, Agricultural Sciences and Natural Resources, biochemistry.

### UW-MADISON ANNOUNCES SPRING GRADUATES

MADISON, Wisc. — More than 6,000 students received degrees during the University of Wisconsin-Madison's spring commencement ceremonies, May 14-16, 2010.

U.S. Secretary of Education Arne Duncan and James Kass, the founder of Youth Speaks, shared speaking duties during ceremonies held in the university's Kohl Center.

Graduating from the area was Alex William Nielsen, Wakonda, Bachelor of Naval Science.

### DRURY ANNOUNCES SPRING 2010 DEAN'S LIST

SPRINGFIELD, Mo. — Drury University in Springfield, Mo., has announced its 2010 Spring Dean's List. Area students include: Samuel Brodeen McBride and David Andrew Rosacker of Vermillion.

**Celebrate. Remember. Fight Back.**

Start Making Plans Now For The  
2010 Relay For Life Of Yankton County!

**FRI., JULY 16 & SAT., JULY 17**  
**6pm-6am • Riverside Park**

**EVERYONE WELCOME! Come Join The Fun!**  
*Check out all the activities at the camp sites, raffles, games & more!!*

**Community Dinner**  
Friday • 5:00-7:00PM  
**Hot Dog or Hamburger, Chips & Pop \$3.00**

Sponsored by: Stoebner Beef & Kaylor Locker

**SCHEDULE OF EVENTS**

**Friday, July 16th**  
4:00-5:00 p.m. Team Registration  
4:30-5:45 p.m. Survivor Registration  
5:00 p.m. Survivor Reception  
5:45 p.m. Survivor Photo  
5:00-7:00 p.m. Community Dinner  
5:00-9:30 p.m. Relay Store Open  
**6:00 p.m. OPENING CEREMONIES/ SURVIVOR'S LAP**  
6:00-10:00 p.m. Silent Auction  
7:00 p.m. Honorary Survivor Chair/Drawing  
7:15 p.m. Entertainment/Yankton Children's Choir  
9:30 p.m. (dusk) Luminaria Ceremony  
9:45 p.m. Bagpipes  
10:00 p.m. Raffle Drawings/Silent Auction  
11:30-4:00 a.m. Relay Teams: All "Star" Games

**Saturday, July 17th**  
5:00 a.m. Community Breakfast  
5:30 a.m. Closing Ceremony/Team Awards  
6:00 a.m. Last Lap led by Survivors

**Community Breakfast**  
**Saturday Morning • 5:00AM**  
Sponsored by: McDonalds  
**Juice & Various Breakfast Sandwiches**  
*Free Will Donation*

*The public is invited to all meals!*

OPEN TO THE PUBLIC...

**Silent Auction**  
**6:00-10:00PM**  
This Year's Theme...  
**"Lights, Camera, Action For a Cure"**  
*All proceeds are donated to American Cancer Society's Relay For Life - Yankton Unit.*

*The Yankton Unit* **Press & Dakotan** **706.3** **YANKTON MEDICAL CLINIC, P.C.**  
*Relay For Life Is Made Possible By Our* **ROGER'S Avera** **VISHAY** **LEWIS & CLARK**  
*Corporate Sponsors:* **FAMILY PHARMACY** **Sacred Heart Cancer Center** **Spauldy Hospital**

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• Mold Testing & Removal • Water Damage  
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