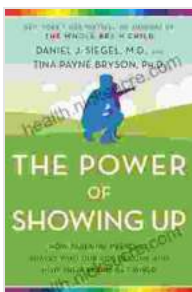


How Parental Presence Shapes Who Our Kids Become And How Their Brains Get Wired

Parental presence has a profound impact on a child's development. It can shape their personality, their brain development, and their overall well-being.

Here's a look at the science behind how parental presence affects kids:



The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains

Get Wired by Daniel J. Siegel

★★★★☆ 4.7 out of 5

Language	: English
File size	: 34430 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 240 pages



1. Parental presence helps children develop a secure attachment style

A secure attachment style is a strong and healthy emotional bond between a child and their caregiver. Children who have a secure attachment style feel loved, safe, and supported. They are more likely to be confident, outgoing, and resilient.

On the other hand, children who do not have a secure attachment style may feel anxious, insecure, and withdrawn. They may be more likely to have difficulty forming relationships and regulating their emotions.

Parental presence is one of the most important factors in helping children develop a secure attachment style. When parents are present, responsive, and consistent, they create a safe and loving environment for their children to thrive.

2. Parental presence supports children's brain development

Parental presence is also essential for children's brain development. Studies have shown that children who grow up in homes with involved parents have larger hippocampi, a brain region that is important for memory and learning.

In addition, parental presence has been linked to increased levels of activity in the prefrontal cortex, a brain region that is involved in executive function skills, such as planning, decision-making, and impulse control.

The presence of a parent helps to create a stimulating and supportive environment for children's brains to grow and develop.

3. Parental presence promotes children's overall well-being

Parental presence is also important for children's overall well-being. Children who grow up in homes with involved parents are more likely to be healthy, happy, and successful.

They are less likely to experience problems with anxiety, depression, and other mental health disorders. They are also more likely to do well in school

and have healthy relationships.

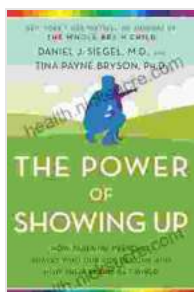
The presence of a parent provides children with the love, support, and guidance they need to thrive.

4. What can parents do to be more present?

There are many things that parents can do to be more present in their children's lives. Here are a few tips:

- Make time for your children every day, even if it's just for a few minutes.
- Be present when you're with your children. Put away your phone and other distractions.
- Listen to your children and really hear what they have to say.
- Respond to your children's needs in a loving and supportive way.
- Be involved in your children's activities.
- Show your children that you love them every day.

Being present in your children's lives is one of the most important things you can do as a parent. It will help them to develop into healthy, happy, and successful adults.



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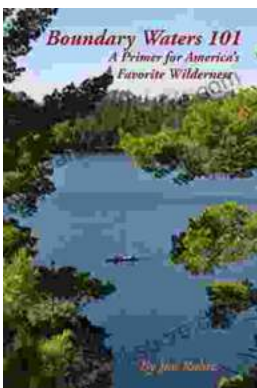
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