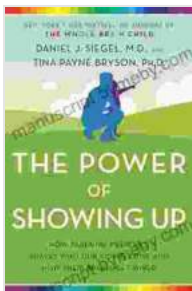


# How Parental Presence Shapes Who Our Kids Become And How Their Brains Get Wired

Parents play a crucial role in shaping their children's development. From the moment a child is born, they are constantly learning and growing, and their parents are there to guide them every step of the way. Parental presence has a profound impact on children's physical, emotional, and cognitive development. It can also affect their brain development and their ability to succeed in school and life.



## 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



## The Benefits of Parental Presence

There are numerous benefits to parental presence. Children who have parents who are present in their lives are more likely to:

- Have higher self-esteem

- Be more confident and outgoing
- Have better social skills
- Be more successful in school
- Have healthier relationships
- Be less likely to engage in risky behaviors

## **The Impact of Parental Absence**

Parental absence can have a negative impact on children's development. Children who do not have parents who are present in their lives are more likely to:

- Have lower self-esteem
- Be more withdrawn and shy
- Have difficulty forming relationships
- Do poorly in school
- Engage in risky behaviors

## **How Parental Presence Affects Brain Development**

Parental presence has a significant impact on brain development. Studies have shown that children who have parents who are present in their lives have larger hippocampi, which is a brain region that is involved in memory and learning. They also have more white matter, which is important for communication between different parts of the brain.

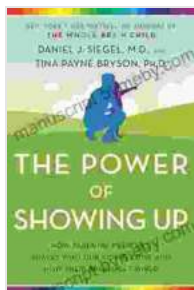
In contrast, children who do not have parents who are present in their lives have smaller hippocampi and less white matter. This can lead to problems with memory, learning, and attention.

## How to Be a More Present Parent

If you want to be a more present parent, there are a few things you can do:

- Make time for your children. Even if you have a busy schedule, make sure to set aside some time each day to spend with your children.
- Be engaged when you are with your children. Pay attention to what they are saying and listening, and ask questions to show that you are interested in their lives.
- Be supportive of your children. Let them know that you love them and that you are there for them no matter what.
- Create a positive home environment. Make sure your home is a place where your children feel safe, loved, and supported.

Parental presence is essential for children's development. It can help them grow up to be healthy, happy, and successful adults. If you want to be a more present parent, there are a few things you can do to make a big difference in your children's lives.



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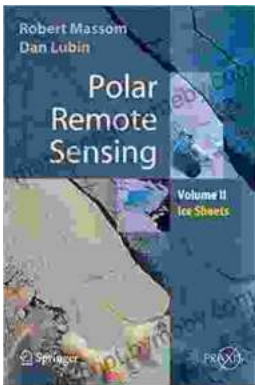
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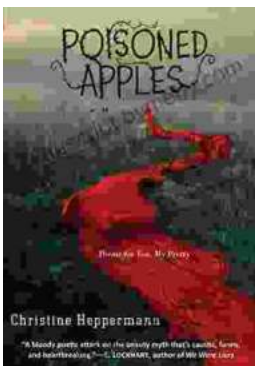
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