

The Greatest Gift

As parents, we always try to give our children gifts that will make a lasting impression; a holiday full of memories. But did you know that the most beneficial gift we can give to our children this season is the gift of presence? Family bonding is drastically important to the psychological development of a child and can be as simple sharing a family dinner! Other benefits of family time include:

- Bonding within the family
- Fewer behavioral problems
- A stronger sense of identity
- A sense of security for children
- Higher rates of academic success
- Lower rates of violence

If your family is currently struggling and needs a little help, please give us a call today.

619-600-0683

www.familyguidanceandtherapy.com