What is Parent-Child Connectedness (PCC)?

**Definition of PCC**

A positive, high quality emotional bond between parent and child that is felt by both parent and child (mutual) and is long lasting (sustained over time).

**What does PCC look like?**

- Parents and children spend enjoyable time together
- They communicate freely and openly
- They are affectionate and warm with each other
- They trust each other
- They respect and support one another
- They share similar values and respect their differences
- They support each other and make an effort to meet each other’s needs
- They feel optimistic about the family relationship
- Family conflict is at a low level
- Both parents and children are satisfied with the relationship

**Benefits of PCC**

- Research shows that PCC can be a "super-protector" for children/teens.
- PCC can form a protective barrier between children and the many challenges and risks they face in today's world.
- PCC can help prevent a variety of health and social problems such as drug use, violence, and teenage pregnancy.