

Hold On to Your Kids by Gordon Neufeld and Gabor Maté explores how peer influence, exacerbated by social media and video games, often overshadows parental guidance, leading to developmental and behavioral issues in children. The authors provide strategies for parents to reestablish strong, nurturing bonds with their children to promote healthy growth and family cohesion.

**Age Range:** Primarily aimed at parents of children and adolescents, roughly ages 5 to 18.

**Issues Addressed:** Peer dependence, family detachment, anxiety, conformity, alienation, and the impact of social media and youth culture.

**Skills Developed:** Building secure parent-child attachments, fostering healthy emotional development, strengthening family bonds, and guiding children's values and behavior.