

# How Do Cultural Gaps Affect Parents and Kids?



## What is a Cultural Gap?

Describes the difference or “gap” between parents and children in how much they adopt values and norms from the new culture and keep those from their heritage culture.




## The Study

Dr. Kil and colleagues reviewed 98 past studies on how cultural gaps in immigrant families impact family relationships, parenting, and children's well-being.



## What Did They Find?



Cultural gaps between parents and children may not matter as much as we might expect—over 65% of past studies found no significant link between these gaps and children's mental health, family relationships, or parenting outcomes. 



## Key Takeaway!

Cultural differences between parents and children **don't always cause problems.**

Open communication, understanding each other's experiences, and celebrating your unique blend of cultures can help your family stay **connected and thrive.** 