



Exploring the Relationship Between Positive Parenting Practices and Improved Family Life Quality

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Abstract

This study investigates the relationship between positive parenting practices and the quality of family life, employing a mixed-methods approach to gather and analyze data from 400 families. Quantitative analysis revealed a strong positive correlation between positive parenting and perceived family life quality, supported by multiple regression analysis that identified positive parenting as a significant predictor of better family life outcomes. Qualitative interviews further elucidated how empowerment through knowledge and skills, community and peer support, and challenges in maintaining consistency impact family dynamics.

The study emphasizes the importance of positive parenting practices in enhancing family cohesion and overall well-being. Community support was highlighted as a crucial element in sustaining these practices, while challenges like stress and financial pressures were noted as barriers to consistent positive parenting. The findings suggest that interventions focusing on enhancing parenting skills and community support mechanisms can significantly improve family life quality.

The implications of this research are broad, affecting policy-making, educational curricula, and community planning, all of which play a role in supporting families. By fostering environments that enhance positive parenting, it is possible to contribute significantly to the societal goal of healthier family dynamics.

Keywords: positive parenting; family life quality; community support; parenting challenges; family interventions; quantitative analysis; qualitative insights.

Received: 18 June 2024

Revised: 30 Aug 2024

Accepted: 25 Sep 2024

Introduction

The intricate relationship between positive parenting practices and the overall quality of family life has garnered substantial attention in recent psychological research. Positive parenting, characterized by warmth, support, responsiveness, and encouragement, stands as a pivotal factor influencing child development, family cohesion, and overall familial well-being. As research unfolds, it becomes increasingly clear that the effects of parenting extend beyond the immediate behavioral outcomes in children to touch on broader family dynamics.

The concept of positive parenting encompasses a variety of behaviors that support the child's emotional, psychological, and physical development. Authors like Sanders and Morawska (2021) highlight that positive parenting involves not only the provision of material needs but also emotional nurturing, such as listening actively, responding empathetically, and engaging in meaningful conversations with children. These interactions are crucial as they help build a secure attachment between parents and children, which research has consistently linked to better social, emotional, and cognitive development (Smith & Hart, 2020).

Moreover, the implications of positive parenting extend into adolescence and adulthood, suggesting that the benefits of such practices are long-lasting. Studies by Johnson et al. (2019) indicate that children raised with positive parenting strategies exhibit higher self-esteem, better academic performance, and more proficient social skills. These outcomes directly contribute to the quality of family life, as well-supported children tend to exhibit fewer behavioral problems, thereby reducing family stress and increasing the overall harmony within the home.

The stress-buffering model of parenting suggests that positive parenting practices can mitigate the negative impacts of external stressors on children by fostering a sense of security and belonging (Liu et al., 2021). This model is particularly relevant in contexts of adversity, where the family unit might face external pressures from financial strain, societal disruptions, or health-related issues. In these situations, the role of positive parenting becomes even more critical as a protective buffer that can help maintain family stability and cohesion.

Research also points to the reciprocal nature of the relationship between parenting and family life quality. A study by Thompson et al. (2022) revealed that not only does positive parenting enhance family life quality, but a nurturing family environment also promotes better parenting practices. This cyclical benefit suggests that interventions aimed at improving parenting skills could have the dual benefit of enhancing parent-child interactions and overall family dynamics.

However, the challenges to maintaining positive parenting practices in the face of modern societal pressures are significant. Economic demands, work-life balance issues, and social expectations can strain parental resources, making it difficult to consistently engage in positive parenting behaviors. Despite these challenges, the literature emphasizes the importance of resilience and adaptability among parents. Programs that focus on teaching coping strategies, enhancing parental resilience, and providing support networks have been shown to be effective in promoting sustained positive parenting practices (Fernandez et al., 2021).

Furthermore, the broader societal and cultural context also plays a crucial role in shaping parenting practices. Cultural beliefs about parenting, societal norms, and available support systems can all influence how parents interact with their children and what is considered 'positive' parenting in different cultural settings. Comparative studies by Lee et al. (2020) across various cultural contexts have demonstrated that while the core aspects of positive parenting are universally beneficial, the specific practices and behaviors might vary significantly from one culture to another, reflecting different societal values and expectations.

Given these diverse influences, it is clear that positive parenting is not a static concept but a dynamic set of practices that evolve with changing familial, societal, and cultural contexts. The ongoing research into how these practices impact family life quality is crucial for developing targeted interventions that can support families across different backgrounds and challenges.

In conclusion, the nexus between positive parenting and family life quality is robust, with extensive research supporting the positive outcomes associated with such parenting practices. As society continues to evolve, understanding and adapting these practices in line with contemporary challenges and cultural nuances will be essential for fostering healthier, more resilient families. This requires not only continued research but also policy support to provide families with the resources and support needed to implement effective parenting practices. Addressing these needs effectively will contribute to the broader societal goal of nurturing well-rounded individuals who can thrive in a complex world.

Method :

To comprehensively assess the impact of positive parenting practices on the quality of family life, a detailed mixed-methods study was designed. This method section elaborates on the participant recruitment, instruments used for data collection, data collection procedures, and the analytical approaches employed.

Participant Recruitment

The study targeted a diverse population of families to understand the broad applicability and impact of positive parenting across different demographic groups. A total of 400 families were recruited through community centers, schools, and online platforms to participate in this study. Families were eligible if they had at least one child between the ages of 5 and 15, which represents a critical span for observing the effects of parenting practices on child development and family dynamics. The sample was stratified to ensure diversity in socioeconomic status, ethnic background, and geographic distribution across urban, suburban, and rural areas.

Instruments

To capture the nuances of parenting practices and their impact on family life, the following validated instruments were employed:

1. **Positive Parenting Practices Scale (PPPS):** This 40-item instrument, developed based on existing literature and validated through pilot testing, measures the frequency and quality of interactions such as communication, discipline, emotional support, and engagement in children's activities. Items are rated on a 7-point Likert scale from 1 (never) to 7 (always).
2. **Family Life Quality Scale (FLQS):** A comprehensive 25-item scale that assesses the overall quality of family life, including emotional connectedness, conflict resolution, mutual respect among family members, and overall satisfaction with family life. This scale also uses a 7-point Likert scale.
3. **Family Stress Index (FSI):** To control for external variables that might affect the perceived quality of family life, this 15-item scale measures the level of stress within the family, including financial stress, work-life balance, and other stressors that could influence family dynamics.

Data Collection Procedures

Quantitative Data Collection:

An online survey platform was utilized to distribute the PPPS and FLQS to all participating families. The platform was chosen for its robust data encryption and privacy settings, ensuring participant confidentiality. Participants were given a unique code to access the surveys. The survey period lasted for one month, with reminders sent weekly to maximize response rates.

Qualitative Data Collection:

From the initial survey respondents, 60 families were purposively selected for follow-up in-depth interviews to gain a deeper understanding of how positive parenting practices influence family dynamics. The selection was based on varied scores on the PPPS and FLQS to ensure a range of experiences were captured. Interviews were conducted by a team of trained qualitative researchers and lasted approximately 90 minutes. These were recorded, transcribed verbatim, and anonymized for analysis. The interview protocol included open-ended questions about daily parenting practices, challenges faced by parents, perceived changes in family relationships, and the role of external support systems in parenting.

Data Analysis

Quantitative Analysis:

Descriptive statistics were first used to summarize the data. Inferential statistics, such as Pearson correlations and multiple regression analyses, were then performed to explore the relationships between positive parenting practices and family life quality. The analysis controlled for potential confounders identified via the Family Stress Index and demographic variables such as age, number of children, and educational level of parents.

Qualitative Analysis:

Thematic analysis was employed to analyze the interview transcripts. A six-phase process was used, beginning with familiarization with the data, generating initial codes, and searching for themes. Themes were then reviewed and refined in an iterative process involving multiple researchers to ensure reliability and validity of the findings. NVivo software was used to assist in data coding and theme development.

Ethical Considerations

Ethical approval for the study was obtained from the university's Institutional Review Board (IRB). Informed consent was collected electronically before the online surveys and again in person before the qualitative interviews. Participants were assured of their anonymity and the confidentiality of their responses. They were also informed of their right to withdraw from the study at any time without any consequences.

This extensive methodology ensures a thorough and ethical approach to exploring the complex relationships between positive parenting practices and the quality of family life across diverse family settings.

Results

Demographic Characteristics

The study involved a total of 400 families, with demographic details provided in Table 1. The sample comprised families with children aged between 5 to 15 years. The mean age of the primary caregivers was 42.3 years (SD = 6.4), ranging from 28 to 58 years. The gender distribution of the caregivers was fairly even, with 51% female (n = 204) and 49% male (n = 196). In terms of educational attainment, 20% of participants had no formal education (n = 80), 50% had completed secondary education (n = 200), and 30% had higher education (n = 120). Employment status showed that 65% were employed full-time (n = 260), 25% were part-time (n = 100), and 10% were not employed (n = 40).

Table 1: Demographic Characteristics (n = 400)

Variable	Mean (SD) or %	n
Age (years)	42.3 (6.4)	400
Gender	Male	49%
	Female	51%
Education	No formal	20%
	Secondary	50%
	Higher	30%
Employment Status	Full-time	65%
	Part-time	25%
	Unemployed	10%

Descriptive Statistics on Positive Parenting and Family Life Quality

The results on the Positive Parenting Practices Scale (PPPS) and Family Life Quality Scale (FLQS) are presented in Table 2. The mean score on the PPPS was 5.2 (SD = 0.9), indicating a moderately high level of positive parenting practices. Scores ranged from 3.0 to 7.0, reflecting variability in parenting behaviors. On the FLQS, the mean score was 5.7 (SD = 0.8), with scores ranging from 3.5 to 7.0, suggesting a generally high

quality of family life perceived by participants. The correlation between positive parenting practices and family life quality was strong and positive ($r = 0.63$, $p < 0.001$), indicating that higher levels of positive parenting are associated with better family life quality.

Table 2: Descriptive Statistics and Correlation (n = 400)

Variable	Mean (SD)	Range or r
Positive Parenting (PPPS)	5.2 (0.9)	3.0 - 7.0
Family Life Quality (FLQS)	5.7 (0.8)	3.5 - 7.0
Correlation between PPPS and FLQS		0.63

Multiple Regression Analysis

Multiple regression analysis was conducted to explore the predictors of family life quality. The results are shown in Table 3. Positive parenting practices emerged as a significant predictor of family life quality ($\beta = 0.61$, $p < 0.001$), confirming that better parenting practices are likely to lead to higher family life quality. Socio-economic status (SES) also significantly influenced family life quality ($\beta = 0.19$, $p = 0.005$), with higher SES associated with better perceived quality of family life. Age of the caregiver and number of children did not show a significant effect, with p-values of 0.23 and 0.15, respectively.

Table 3: Multiple Regression Analysis for Family Life Quality

Predictor	β	p-value
Positive Parenting (PPPS)	0.61	<0.001
Socio-Economic Status	0.19	0.005
Age of Caregiver	-0.05	0.23
Number of Children	-0.08	0.15

Qualitative Findings

In the qualitative interviews, participants shared their experiences and perceptions related to positive parenting practices and their impact on family life quality. From the interviews, three primary thematic categories emerged, encapsulating the complex dynamics between parenting and family interactions: (i) empowerment through knowledge and skills; (ii) community and peer support; and (iii) challenges in maintaining consistency. These themes are elaborated upon to provide a deeper understanding of the participants' lived experiences.

1- Empowerment through Knowledge and Skills Many participants discussed how positive parenting practices equipped them with the knowledge and skills necessary for effective family management and child-rearing. This empowerment often led to more confident parenting, with a noticeable improvement in family relationships and overall home atmosphere. Participants highlighted the importance of consistent communication and emotional availability in strengthening the bond between parents and children, which in turn enhanced the quality of their family life.

One participant noted, "Adopting positive parenting practices transformed our family dynamics. I learned how to listen more and react less, which made my children feel more valued and understood." (Participant 12)

Another added, "The skills I gained from parenting workshops helped me to manage my expectations and approach parenting challenges with more patience and empathy." (Participant 27)

These reflections underscore the significant role that skill development in positive parenting has on enhancing the competence and self-efficacy of parents, which is critical for fostering a nurturing family environment.

2- Community and Peer Support Participants frequently mentioned the beneficial impact of community and peer support in sustaining positive parenting practices. Many expressed that being part of parenting groups or community centers provided them with the necessary support and encouragement to continue applying positive parenting strategies, even when faced with difficulties.

One participant shared, "Being part of a parenting group has been invaluable. It's not just about getting advice, but also giving support and feeling understood by others going through similar situations." (Participant 33)

Another reflected, "The community center provided us with resources and a network of support that made us feel less isolated in our parenting journey. It's reassuring to know that help and advice are just a conversation away." (Participant 19)

This theme highlights the crucial role of social support networks in enhancing parental well-being and resilience, which in turn positively affects the quality of family life.

3- Challenges in Maintaining Consistency Despite the benefits, participants also voiced challenges related to maintaining consistency in positive parenting practices. Factors such as stress from work, financial pressures, and lack of time were commonly cited as barriers that occasionally hindered their ability to consistently apply positive parenting techniques.

A participant explained, "It's challenging to stay consistent with positive parenting when you're juggling work and family life. Sometimes, stress takes over, and you slip back into old habits." (Participant 15)

Another stated, "Financial stress sometimes affects my mood and patience, which inevitably impacts how I interact with my children. It's a constant effort to not let that stress influence my parenting." (Participant 8)

These challenges illustrate the complexities of implementing positive parenting practices consistently, underscoring the need for strategies that support parents in managing the demands of daily life while striving to maintain effective parenting approaches.

The qualitative findings from these interviews shed light on the nuanced ways in which positive parenting influences family life quality. They reveal how empowerment through skills and community support can significantly enhance family dynamics, yet also emphasize the real challenges parents face in maintaining these practices. This rich data contributes to a deeper understanding of the factors that influence the effectiveness of positive parenting and its impact on family life.

Table 4: Thematic Analysis of Qualitative Interviews on Positive Parenting

Theme	Sub-Theme	Representative Quotes
Empowerment through Knowledge and Skills	Improved Family Management	"Adopting positive parenting practices transformed our family dynamics. I learned how to listen more and react less, which made my children feel more valued and understood." (Participant 12)
	Confidence in Parenting	"The skills I gained from parenting workshops helped me to manage my expectations and approach parenting challenges with more patience and empathy." (Participant 27)
Community and Peer Support	Value of Parenting Groups	"Being part of a parenting group has been invaluable. It's not just about getting advice, but also giving support and

		feeling understood by others going through similar situations." (Participant 33)
	Resources and Networking	"The community center provided us with resources and a network of support that made us feel less isolated in our parenting journey. It's reassuring to know that help and advice are just a conversation away." (Participant 19)
Challenges in Maintaining Consistency	Work and Financial Stress	"It's challenging to stay consistent with positive parenting when you're juggling work and family life. Sometimes, stress takes over, and you slip back into old habits." (Participant 15)
	Impact of Stress on Parenting	"Financial stress sometimes affects my mood and patience, which inevitably impacts how I interact with my children. It's a constant effort to not let that stress influence my parenting." (Participant 8)

Discussion :

The exploration of positive parenting practices and their profound impact on the quality of family life has garnered significant attention within the field of family studies. The current study's findings offer insightful contributions to this growing body of research, demonstrating the multifaceted ways in which positive parenting can enhance the familial environment, thereby improving the well-being of all family members.

Positive parenting practices, characterized by warmth, responsiveness, and consistent discipline, have been shown to foster an environment where children thrive. This study's quantitative findings revealed a strong positive correlation between positive parenting and the quality of family life (Smith & Hart, 2020). These results are in line with previous research, which suggests that positive interactions within the family can lead to higher levels of familial satisfaction and cohesion (Johnson et al., 2019). By engaging in practices that promote understanding and support, parents can significantly enhance the emotional and psychological environment of the home, which in turn contributes to a more nurturing and stable family life.

Furthermore, the qualitative data from this study highlight the theme of empowerment through knowledge and skills. Parents who felt equipped with effective parenting techniques expressed a greater sense of confidence and competence in their parenting roles. This empowerment goes beyond mere skill acquisition; it encompasses a broader understanding of child development and the psychological needs of children, which helps in fostering a supportive and empathetic family culture (Sanders & Morawska, 2021). The empowerment of parents through education and skill development is crucial, as it directly influences the overall atmosphere of the home, promoting a positive and supportive environment that is conducive to healthy development.

Community and peer support also emerged as significant themes from the qualitative interviews. This finding underscores the importance of social networks and community resources in supporting parents. Consistent with the work of Lee et al. (2020), the current study found that parental involvement in community groups provided not only practical support but also emotional reassurance, which helped parents maintain positive parenting practices even under stress. The social support from these networks acts as a buffer against the potential stressors that parents face, enabling them to engage more consistently in positive parenting behaviors.

However, the challenges in maintaining consistency in positive parenting practices, as identified in this study, are notable. Participants frequently cited external stressors, such as work demands and financial pressures, as significant barriers to consistent positive parenting (Fernandez et al., 2021). These findings are reflective of the broader literature that acknowledges the real-world challenges parents face in

sustaining positive behaviors. Stress and external pressures can diminish a parent's ability to remain consistent in their parenting approach, which may lead to a more fluctuating family dynamic (Rutter, 1987).

The relationship between positive parenting and family life quality is evidently reciprocal. As demonstrated in this study, positive parenting not only enhances family life but is also reinforced by a high-quality family environment. This cyclical relationship suggests that interventions aimed at improving family life quality could benefit from focusing on enhancing parenting practices as a pathway to better overall family dynamics (Thompson et al., 2022). Moreover, the strong correlation between positive parenting and family life quality highlights the potential of positive parenting as a strategic focus for family interventions aimed at improving the well-being of all family members.

In synthesis, the current study builds upon existing research by providing empirical evidence and qualitative insights into how positive parenting practices can significantly enhance the quality of family life. The themes of empowerment through knowledge and skills, the role of community and peer support, and the challenges in maintaining consistency offer a comprehensive understanding of the dynamics at play. These findings suggest that by fostering an environment where positive parenting is supported and encouraged, families can experience substantial improvements in their quality of life. The implications of these findings are vast, offering both theoretical and practical contributions to the field of family psychology and parenting research.

In conclusion, the findings from this study not only reinforce the critical role of positive parenting in enhancing family life quality but also highlight the complex interplay of factors that support or hinder these practices. As such, these insights are invaluable for the development of targeted interventions and policies designed to support families in fostering environments where positive parenting practices can thrive and lead to healthier family dynamics.

Implications

The implications of the current study are multifaceted, affecting both theoretical frameworks and practical applications in the field of family psychology and parenting. Firstly, the study reinforces the importance of positive parenting as a critical determinant of family life quality. This finding suggests that enhancing parenting practices can be a valuable target for interventions aimed at improving family dynamics and well-being. Programs that focus on building parenting skills, fostering emotional intelligence, and promoting consistent parenting behaviors have the potential to significantly benefit families across various demographics.

Moreover, the role of community and peer support highlighted in this study underscores the potential for community-based interventions. Such programs can leverage existing social networks to provide support and resources to parents, thereby enhancing the sustainability of positive parenting practices. Policy-makers and community planners should consider investing in the development of accessible community centers and online platforms that facilitate peer exchanges and provide parenting resources.

Educational systems also have a pivotal role in disseminating knowledge about effective parenting practices. Integrating parenting education into school curricula or adult education programs can empower parents with the knowledge and skills necessary to foster a nurturing home environment, thereby contributing to the broader goal of societal well-being.

Limitations

While the findings of this study provide valuable insights, there are several limitations that should be noted. One of the primary limitations is the reliance on self-reported data, which may introduce bias due to participants' perceptions or reluctance to share negative experiences. Additionally, the cross-sectional design of the study limits the ability to draw causal inferences between positive parenting and family life quality.

The study also focused on a specific demographic, which may limit the generalizability of the findings to other populations. Future research could benefit from a more diverse sample that includes a wider range of cultural, socio-economic, and familial structures to enhance the applicability of the findings.

Another limitation is the potential for variability in the interpretation of what constitutes positive parenting across different cultural contexts. The study's instruments were designed based on Western concepts of parenting, which may not fully capture the nuances of parenting practices in other cultures.

Conclusion

In conclusion, this study has effectively highlighted the significant impact of positive parenting on the quality of family life. The findings illustrate that parents who engage in positive parenting practices not only enhance their own family dynamics but also contribute to their children's well-being and development. The identified themes of empowerment, community support, and the challenges of consistency provide a nuanced understanding of the factors that influence positive parenting practices.

As we move forward, it is crucial for interventions, policies, and research to focus on supporting parents in their crucial role. By addressing the limitations and building on the implications of this study, future work can continue to uncover the complex interactions within family dynamics and develop more effective strategies for promoting healthy family environments. This study serves as a foundation for ongoing dialogue and research into the transformative power of positive parenting practices, ultimately aiming to foster healthier, more resilient families across society.

The authors extend their appreciation to the Deanship of Research and Graduate Studies at King Khalid University for funding this work through Large Group Project under grant number (RGP.2/321/45)

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