

# Children's Emotional Self-Regulation: Influences of Parental Mental Health & Parenting Style

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# Background

*School readiness & emotional self-regulation = school success*



Social & behavioral issues can lead to poor academic outcomes

Delays in emotional self-regulation skills → academic & social difficulties

## Emotional Self-Regulation (ESR):



Processes used to change emotional state, to prevent or initiate emotional responding, and regulate behavioral expression of emotion

(Eisenberg et al., 2010)

## Parental Stress:

General stress and/or stressors that accompany parenting



# Review of Literature



## Home environment

(Chazan-Cohen et al., 2009)

## Health of caregivers

(Soltis et al., 2015)



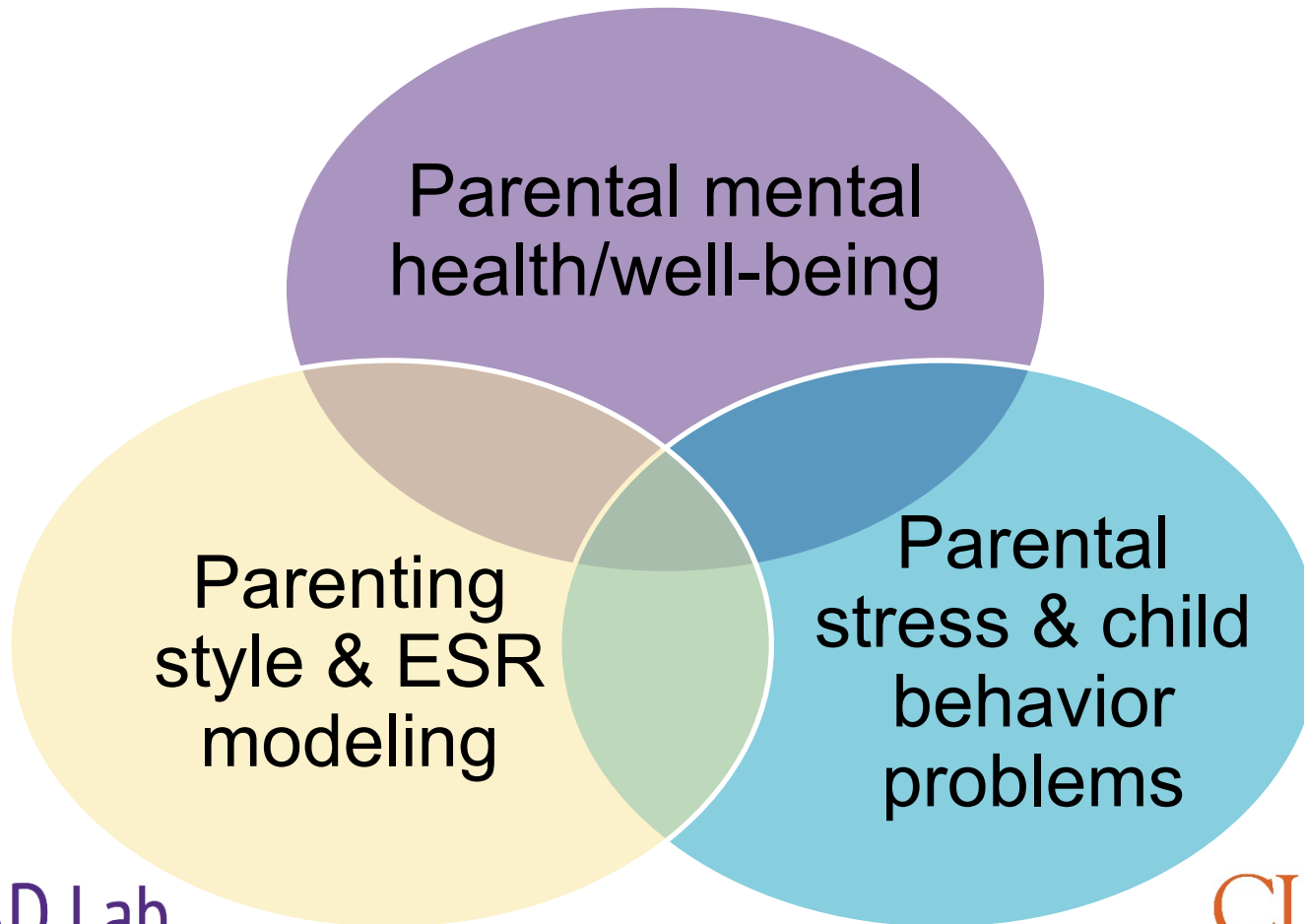
## High parental stress

(Cappa et al., 2010)

## Children's ESR development

(Mathis & Bierman, 2015)

# Current Study



## *Hypothesis:*

Underlying implicit and explicit **parental stress** contributes to negatively developed ESR in children which can adversely affect their **readiness to attend school**



# Parental Mental Health & Children's ESR

**Extreme parental distress → adverse effects on children's emotional outcomes**

**Maternal depression & children's behavior problems** (Goodman et al., 2011)

**Children of depressed mothers = limited ESR strategies** (Silk et al., 2006)

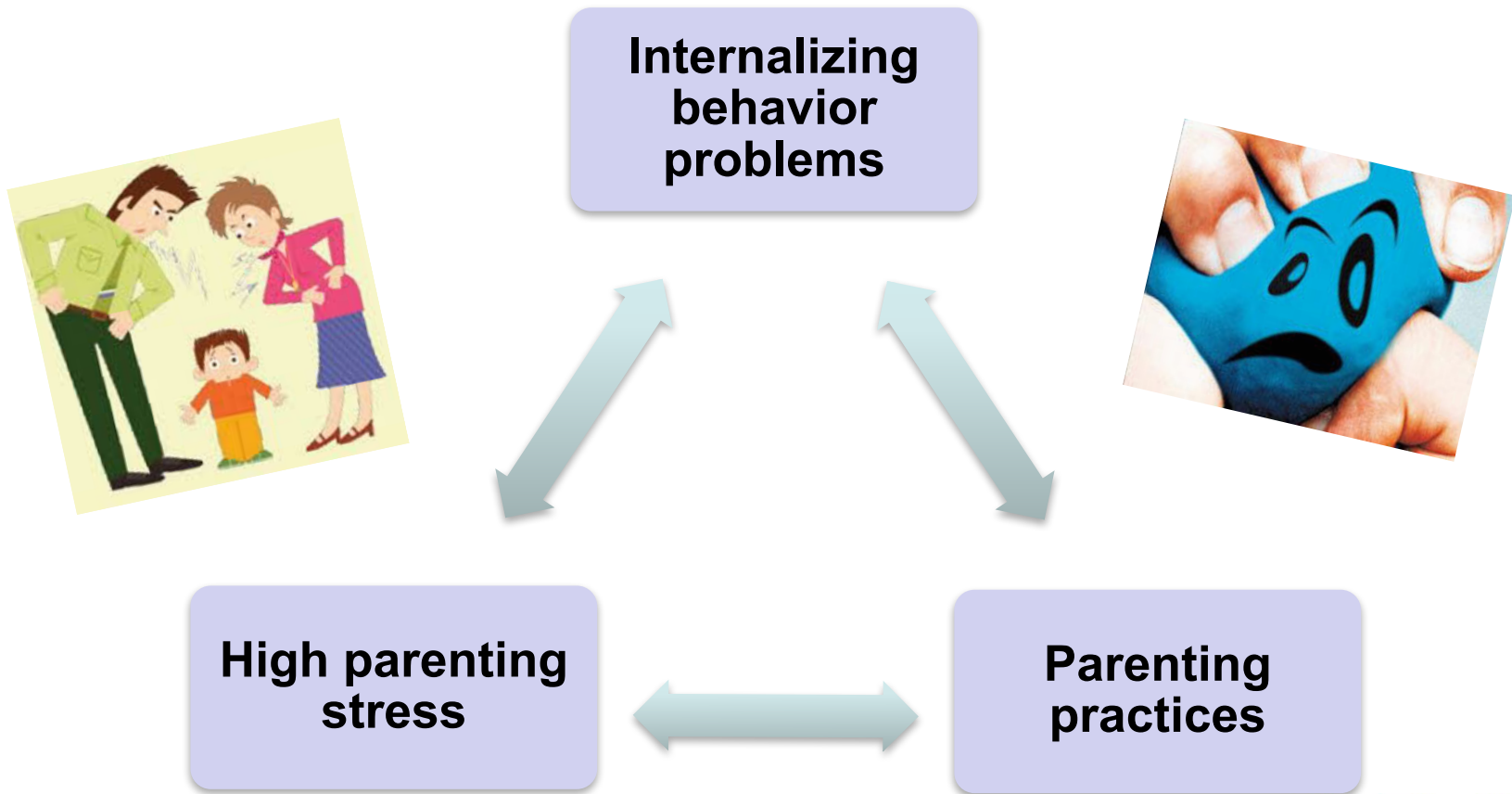
# Parenting Style & Children's ESR

Family context affects development of children's ER in 3 ways: (Morris et al., 2007)

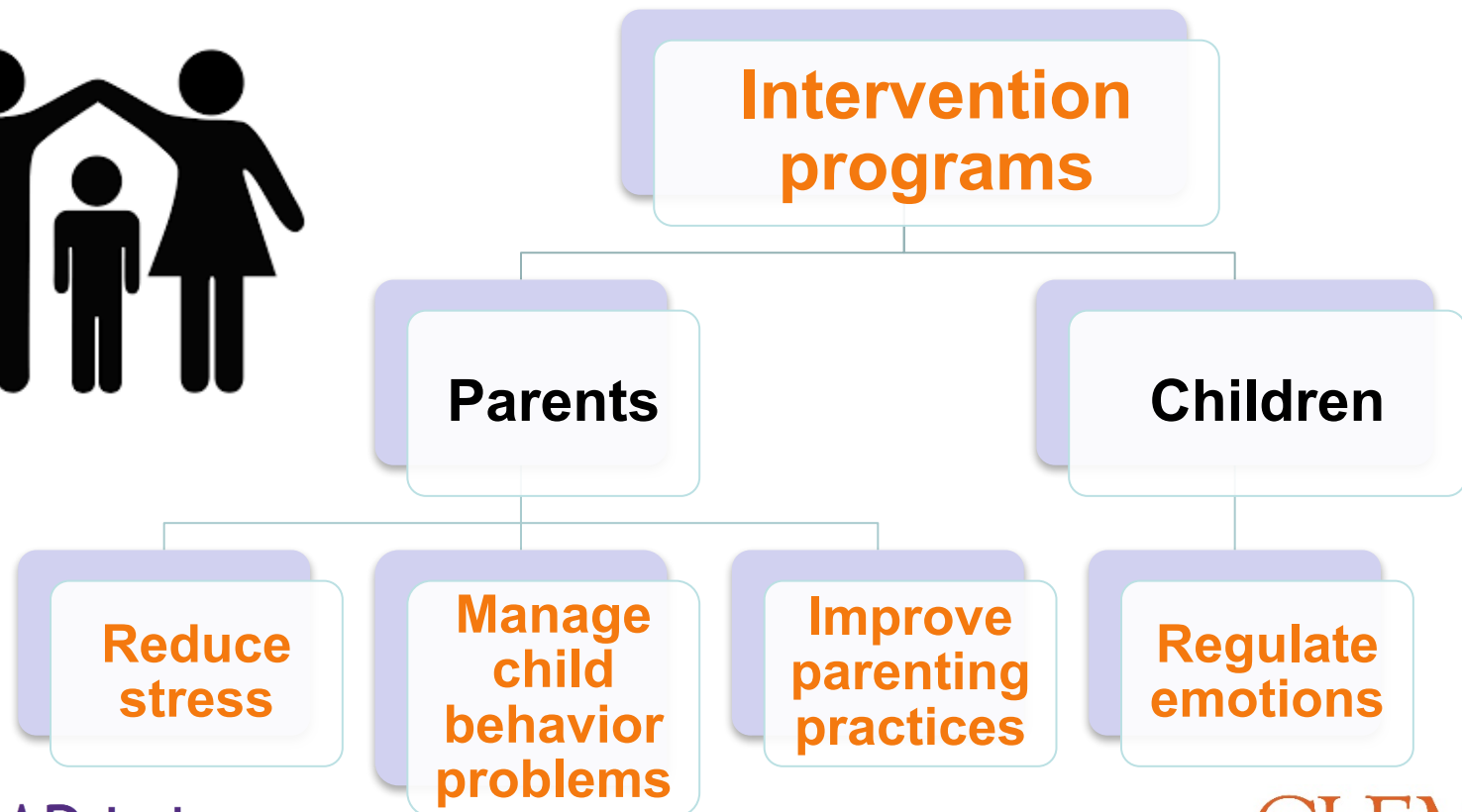
- 1. Observation and parental modeling*
- 2. Parenting practices and behaviors*
- 3. Emotional climate of family (including parenting style)*



# Parental Stress & Child Behavior Problems



# Implications for Future Research



# Conclusions

**Influence of  
parental  
stress on  
children's  
ESR**

**ESR =  
school  
readiness  
& success**

**Need for  
parent/child  
intervention  
programs**



# Thank you!

CLAD Lab: <https://www.clemson.edu/education/clad/>

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