

✨ How can Parents Foster ✨ Children's Self-Regulation and Teens' Well-Being?

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The Study

Dr. Kil et al. (2023) studied how **parenting** and **parent mental health** when kids were 5 years old were linked to kids' **regulation and well-being** as they got older.



What They Found

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5-year-olds whose moms were **depressed** and used **less warm parenting** had **more emotional and behavioral challenges** at age 9.

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5-year-olds whose moms were **warm** grew up to be **teens with better social skills and less anxiety**.



Key-Takeaway



Warm, supportive parenting and parental mental health is linked to kids' emotional well-being, self-regulation, and confidence as they get older!



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