

Bangor University

DOCTOR OF PHILOSOPHY

Links between parental affect, cognitions, parenting, and child outcomes

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Appendix II:

Parent and Family Contextual Factors Categories and relevant quotes

Parental factors:

Affect/Mood:

“When you’re in a bad mood, you aren’t managing your kids as you should”

“It’s how you’re feeling which then makes you parent in a certain (way).”

“It’s another thing doing it when you are both so low.”

“The positive is seeing my children ... you see them thriving. It is rewarding when we feel close.”

Physical Health:

“When I am ill I can’t give him 100%”

“Tiredness, and lack of sleep”

“The more tired I am, the more lax I become with the children.

“I just haven’t got the energy to deal with him then.”

Parenting experience and expectations:

“I know all the signs now”

“I’ve learnt a lot of things about myself ... when I’m calm, everyone is calm”

“I feel like I am able to sort myself out a bit better ... learning to calm myself down a bit”

“I’m the adult in the situation really, and I’ve got to be the one to calm down”

“I give them a bit of leeway with them not seeing their dad that often – I try not to make it a negative for them.”

“(Understanding) how the child behaves”

“I feel I am not a good parent and can’t provide properly for them”

“Thinking, I’ve handled that wrong!”

“When you spend a lot of time in the home, your world closes and you have little to contribute”

“I’ve understood a bit better now that they’re children ... I can’t expect them to just sit there and be quiet.”

“When I just had the two eldest, I was very strict, ... but with the five now, I’ve sort of relaxed.”

“I feel I am doing it the right way.”

“Am I dealing with (this) the right way?”

“The course helps you understand and deal with situations from a kid’s perspective instead of yours.”

You learn from the first time.

“To know that you are not the only one ... can help your confidence as a parent.”

“The way that you have been brought up yourself. We do the same as my parents did really.”

“It’s reassuring that your child isn’t the only one to not do as they are supposed to all the time. You realise your child is doing good.”

“I am learning how to deal with it.”

Child Factors:

Child Characteristics:

“He can be a bit of trouble... I plan everything around him”

“She has ADHD and kids with (those) conditions are more difficult to manage”

“Like (my child) makes those situations where just even going out for a meal as a family, it's that much more stressful”

“I find him really difficult; the way he is.”

“He can be as stubborn as a mule.”

“He has a really bad temper on him.”

“He knows which buttons to press.”

“He’s very helpful.”

Child Behaviour, affect and physical health):

“He is quite angry.”

“I think he has anxiety problems.”

“He is just slobbing around”.

Family Factors:

Parity:

“I have another child as well, and that can create other sorts of demands”

“It’s more challenging with more siblings.”

“Older and younger siblings, they are going to influence how I parent”.

“It is just like a mad house here!”

Structure:

“His father isn’t around to go and correct him.”

Level of Support:

Marital relationships, family and friends:

“I have a good support system around me really”.

“(my partner) is much calmer than me anyway ... he was always able to calm me down”

“Luckily I’ve got a good relationship with my partner”

“I’ve got family support”

“their uncle ... is a really bad influence”

“I find myself telling (my husband) you should do it this way!”

“I try to do it differently than (my husband) has been brought up – he’s quite old fashioned.”

“Our relationship is not great at the moment.”

“With my husband it is important that we do the same thing.”

“The biggest impact on me is being a single parent.”

“Talking to friends and other mothers.”

“I have to be the strong one all the time.”

“The hardest bit is not having a partner.”

Wider community and services:

“I feel I am expected to tell him off with other people who don’t know me... Other people can influence the way that I deal with (my child).”

“I needed some sort of help”

“(IY) has definitely been a real eye-opener and a real help.”

“Sometimes I need the extra support to support (my child).”

“Sharing experiences with other mothers.”

Employment Factors:

Employment, competing demands and busyness:

“The pressure of juggling everything ... daily life in general is quite hectic.”

“Time constraints and demands”

“Family times could be pushed aside because of work commitments.”

“It is frustrating to try and do everything.”

Finances:

“Provide for my family”

“Our biggest problems are financial.”

“Financial stability. It is not just the financial burden, it is the worry burden too.”

Wider Contextual Factors:

“Circumstances – where you are and what the situation is at the time impacts on how you respond.”

“What is around me.”

“When the weather is nice you feel more that you can go out and do things with them.”

“Watching things and hearing things on the news, like children have gone missing and that, makes you keep an eye on your child more.”