

**Bangor University**

## **DOCTOR OF PHILOSOPHY**

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

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## Appendix I:

Participant X:

I: So the question that I have been putting to parents and I know that it is quite a hard one to answer, people have been thinking, and I have often started off with an example or two to kind of get the ball rolling. But it's what kind of things you feel might influence or affect the way that you parent your child.

P: That influences the way that I parent my child...?

I: Yeah, what kind of things have you noticed or do you think has an impact on the way that you parent your child?

P: Um, I think work...

**Commented [N1]:** Employment

I: Yes, yeah.

P: Um, you know when I'm trying to juggle everything...

**Commented [N2]:** Conflicting demands

I: Yes, so sort of like competing demands, or...

P: Yeah. Yeah. Um, tiredness.

**Commented [N3]:** Tiredness

I: Yes

P: Hang on a second I'll just check what my youngest one is doing, I can hear something happening!

I: Ok!

P: Sorry, she's just on the loo. I could hear something squeaking, thinking what is that! The toilet holder was squeaking! (laughs) Yeah, tiredness probably is a big factor in how- did you mean how well that you parent your child?

**Commented [N4]:** Tiredness

I: Yeah, well just what things have an impact, and it might be a positive or a negative impact on how you kind of would like to really. So, could you tell me a bit more about how tiredness could have an impact?

P: Ok. Well just that you're less tolerant I suppose as a parent ... when you're tired.

**Commented [N5]:** Mood

**Commented [N6]:** Tiredness

I: Yeah

P: When you've got things which you need to get through, just daily life in general is quite hectic! Um, like you say you've got demands right left and centre, and I've got another child

**Commented [N7]:** Competing demands

**Commented [N8]:** Competing demands

**Commented [N9]:** Parity

as well, and that can create, um, other sort of demands. Um, let me think what sort of other influences ... Um ... it's quite hard actually!

Commented [N10]: Competing demands

I: Well tell you what, you've rattled them off a lot quicker than anybody else has!

P: (Laughs) Oh! Right, ok! I suppose illness, if the child is ill... um, that can ... you know it's mainly more for me, I find, more to do with um ... the kind of the ac- because I've been obviously been doing the Incredible Years course, and I've really learnt lots of things about myself, that if I am really calm, then everybody's quite calm,

Commented [N11]: Child physical health

Commented [N12]: Parenting course

Commented [N13]: Cognitions

Commented [N14]: Mood

I: Yes

P: But if I'm quite, sort of... you know, stressed, and trying to bomb about everywhere, it kind of creates a very, sort of stressed atmosphere as well. And you know, the pigs, pigs! er, kids! (laughs) really pick up on it. Oh, god! Don't know where the hell that came from! The kids really pick up on that kind of you know, stressed out, kind of and then that can also make then make them- And so I know for me, it's about keeping myself, really quite just, ... you know, calm and chilled and talking to myself sometimes, you know. And it has been a really worthwhile course in that sense.

Commented [N15]: Mood

Commented [N16]: Busyness

Commented [N17]: Mood

Commented [N18]: Parenting course

I: Oh, that's brilliant! That's really good.

P: Um, yeah. So, I would say that you know, it is me really, being stressed that creates a lot of the issues! I mean, obviously \*\*\*\* 's got, the eldest has got, you know, well, we think she has ADHD, and so kids with them sort of conditions are that much more difficult to manage anyway, and then when you throw in, obviously, you know, life in general being just hectic and you know, juggling everything, and that's what I think it really makes a difference to my parenting. I mean, if I could just not work, and just spend my time being a nurse-mother, I would probably be fine!

Commented [N19]: Mood

Commented [N20]: Child Diagnosis

Commented [N21]: Competing demands

Commented [N22]: Employment

I: Yes!

P: It's for me, the main ... I would say the main kind of influence on my parenting in the negative way, is, is definitely the, I mean them sort of, you know, pressure of juggling everything really.

Commented [N23]: Competing demands

I: Yeah

P: And then therefore, and how that therefore makes me feel, and therefore that then is obviously, how I am with the kids. I'm maybe not as tolerant as I could be.

Commented [N24]: Mood

I: Yeah

P: Or I am when it's holidays, or, you know... There are moments where, you know it isn't like this, and it, and it, and it really makes a difference.

Commented [N25]: Competing demands

I: Yes.

P: So time constraints and demands.

Commented [N26]: Competing demands

I: Yeah. Yeah, those are important, aren't they?

P: Yeah.

I: Um, it's funny a lot of these, they kind of link in, don't they? Sort of work, and then tiredness, and then busyness, and then lots of demands, and then feeding into, into your own stress, versus trying to be calm, um... So it sounds like, um, you mentioned self-awareness, that you feel the incredible years has helped, has helped you with that? So that's um ...

P: Yeah it has, it's helped me kind of like, ... um, **find me again**, a little bit. Because I think you do lose a little bit when you have kids, as in lose yourself, your identity a little bit and the way that you were.

Commented [N27]: Cognitions

I: Yes

P: And um, you know, especially, I think, I can, you know, sort of, talk, um, you know, about having **\*\*\*\* particularly**, you know, because you grieve almost I was saying this to **\*\*\*\*\*** (group facilitator) the other night, for what you would sort of, you know in inverted commas call a normal family life, because you can't have that normal fam-, although, you know, as we all know, what is a normal family, and I know that but ...

Commented [N28]: Child characteristics/personality

I: Yeah!

P: You know, **kids like \*\*\*\***, because obviously they can't help it, but they do make those situations where just even going out for a meal, you know, as a family, it's, it's that much more stressful, because you know that you are going to be constantly sort of ... you know, um ... um...pulling them back down again, you know, **stopping them from sort of running off**, you know, it's that sort of thing, so I think... I've learned, and not only that I do find that, or have found it, very very stressful, you know, because it has been going on for years, you know, so it's kind of like, um, the **Incredible Years** came along for me at the right time...

Commented [N29]: Child Diagnosis

Commented [N30]: Child behaviour

Commented [N31]: Parenting course

I: Oh, yes!

P: Because I was at the point where I thought, I can't do this anymore, you know. I needed some sort of **help**. And I think for **\*\*\*\* (partner)** as well, we're both- he's, he's kind of, because he is much calmer than me anyway, he is kind of laid back, which is a good thing, because he was always able to sort of **calm me down** anyway, you know, but it's, ... it's not been easy, but I feel like there's a bit of light at the end of the tunnel now, and I feel like I am able to ... **to sort myself out a bit better**. And I feel like **I've got myself back a bit**, I can be old **\*\*\*\***, because I never used to be a stress-head ... it's just literally been ... and you worry about your kids anyway, you know.

Commented [N32]: Support

Commented [N33]: Father/partner characteristics/parenting

Commented [N34]: Mood

Commented [N35]: Cognitions

Commented [N36]: Cognitions

I: Yeah, of course you do.

P: Yeah, and ... so it's about you know, learning just to sort of ... **calm down myself a little bit**, and obviously then you make your kids calm as well, she is definitely calmer if I am calmer. If I'm not running about like, you know, do- **we've got to do that and we've got to do that**, you know ... um, she's definitely more calm.

Commented [N37]: Mood

Commented [N38]: Competing demands

I: Yeah, so that definitely has an impact.

P: Yeah

I: Ah, that's really, that's really good, I'm glad that it was, that it was helpful for you.

P: Yeah, no, it was ... it was really good and I've got the book obviously and all the course notes and I think I will continue um, to read them and learn as you go along, yeah, no it has definitely been a real eye opener and a real help.

Commented [N39]: Parenting course

I: Yes, oh, good, good, no that is really good to hear. Um, so there's actually been a few things that you have mentioned which impact on the way that you parent, and so it sounds like some of them have come about from the Incredible Years, and then there's certain things like self-awareness, and being aware of your calmness, and finding , kind of finding who you are again, apart from being a mother.

P: Exactly, yeah! The old me.

I: Yes! And then all the kind of competing demands, with work and tiredness, and time constraints, down to having siblings with other demands. So, that's there's quite a lot there. Is there anything else which you can think of which, which has an impact?

P: Um ... um ... not that I can sort of really think of, you know, like, because it's so, it's how, it's how YOU'RE feeling which makes, I think quite a, it's how you feel which makes you then parent in a certain, you know, kids learn from you, and ... that's what the course is all about, and how you are will have a massive impact. It just seems a lot for me, about ... like, you know sorting myself out really and getting myself back on track, really. I feel that's what I really, not what intentionally ... you go into something like that course thinking that that's what's gonna happen, you know you'll go in and they'll give you the answers to why your child does this or that, but actually as well as learning strategies for dealing with certain behaviours, um, that, you know, what you think is a normal strategy to deal with something, um, you know like, you know, ... I've learnt lots of things like that, but I've also learnt like I say, literally, I think, which is the mas-, which is the main thing which would influence my parenting, would be that, you know, I've got to, I need to, you know, I'm the adult in the situation really, and I've got to be the one to you know, calm down and talk things out when they need to be sorted out, and without anything sort of, else having an impact, you can't really- I guess if there is any, I don't know! If there's any, sort of ... um ... it's really hard actually!

Commented [N40]: Mood

Commented [N41]: Parenting course

Commented [N42]: Mood

Commented [N43]: Cognition

Commented [N44]: Parenting course

Commented [N45]: Cognitions

Commented [N46]: Mood

I: Yeah ...

P: Other than the sort of stuff I've mentioned.

I: Yeah, no, you've mentioned a lot of really important things, really!

P: Impacting my parenting is basically, what's going to, is going to depend on how I feel, isn't it, and also how, and I guess if, you know, luckily I've got a good relationship with my partner, and um, and, I imagine if that, if somebody didn't have that, it would be really

Commented [N47]: Mood

Commented [N48]: Support

difficult, and you know, I've got family support, you know, I've got my parents who do an awful lot, so, um, that in turn can take that pressure off me sometimes and also help, so, ... And you know when they're not about, ... that makes life a little bit more stressful again, and um... But having parents, my parents, or grandparents, that makes a big difference and does impact on, I suppose to a degree and how I parent. I'm trying to think of some positive things, because there is nothing positive that I ...

Commented [N49]: Support

Commented [N50]: Support

Commented [N51]: Support

I: No there are positive things that you've mentioned, like, um, definitely, like your self-awareness and um, calmness, and your relationship with your partner, and those things are all, you know, really important, and family support...

P: We are strong, we have got a good, we're lucky we've got a good family.

Commented [N52]: Support

I: Yes

P: I know that \*\*\*\* will be alright, because she's got loads of people who actually care about her and want her to, um, become um, a fruitful member of society, and stuff, you know, and you kind of feel sorry for those kids who don't have that. And you appreciate even more, sort of how lucky you are really!

I: Yes, yes, definitely

P: So... Um, I mean, we do, you know, we do a lot of good things as a family, you know, and I think that, that is something which I have always ... thought was, you know, is really important too, we go out and about a lot, the kids are involved in lots of ... sporting activities, as I was as a kid, you know, and I think that that can help burn some energy off

Commented [N53]: External Resources

I: Yes, definitely

P: Um, and that therefore will, you know ... that's a bit of a double edged sword actually, because when they're really tired then they're more difficult! You know, the stress levels go up in the house a little bit and stuff. No I think definitely, we're getting there slowly now ...

Commented [N54]: Child behaviour

Commented [N55]: Mood

I: Yes

P: Um, much, I feel much happier about the future than I did a few months ago.

I: Oh, that's brilliant!

P: Yeah, yeah!

I: Oh, great, I'm happy to hear that. And um, so I think, I think well, we've got a lot there really, a lot of things which you have mentioned which sound really important, ... um, which are important. So, if there's any- Are there any other things that you would like to add to that, or do you think that's ...

P: Um, I think that's probably all that I can ... get out of my grey matter! (Laughs)

I: Well it's a lot, don't worry! You've got a lot out of your grey matter! (Laughs) Ok, well, thank you ever so much for your time

P: That's ok!

I: And for your help.

P: You can ring me anytime if you want, you know, I don't mind, so, ...

I: Oh, great, thank you!