



# Self-compassion as a resource in the parenting role<sup>1</sup>

<https://doi.org/10.34766/fetr.v58i2.1267>

Agnieszka Żmuda<sup>a</sup> ✉

<sup>a</sup> Agnieszka Żmuda, PhD, <https://orcid.org/0000-0001-8767-9375>,  
Institute of Psychology, The John Paul II Catholic University of Lublin, Poland

**Abstract:** The aim of the article is to present self-compassion as a resource in the context of performing a parental role and its importance for interactions with a child. The study included an analysis of existing data. A meta-analysis of concepts related to the main variable described in the article and their relationships with parenting was performed. Self-compassion, as a variable conducive to a person's mental well-being and coping with difficulties, is an important factor that helps in fulfilling parental roles, supporting the child's development and building a healthy relationship with the child. Source analyzes allowed to show self-compassion as an important resource and a factor supporting coping with negative affect, difficulties, as well as supporting the parent's psychological functioning. It is an important area of human development and adaptability—also in the role of a parent. Theoretical analyzes presented in this study lead to recommendations for research on the development of self-compassion among parents as a variable supporting their functioning.  
**Keywords:** self-regulation, parenting stress, mindful parenting, mindfulness, self-compassion

## Introduction

Parenting is without doubt a highly demanding role in one's life. It is, on one hand, connected with happiness and a sense of fulfillment, but it is also true that each parent experiences numerous difficulties in various daily tasks, from strictly parenting-related to those that combine realization of other obligations, such as integrating the family and the professional life. Difficulties and challenges experienced by the parent can unfortunately have negative impact on the quality of their parenting and unfavourably influence the functioning of the child, their caretakers, and their relationship (Chaplin et al., 2021). This context gives validity to the researchers' interest in the resources which might support parents in fulfilling their role.

According to the concept developed by Hobfoll (1989), an individual's resources are used to facilitate their survival and obtaining new resources, which are needed to build psychological resilience that helps the person cope with difficult experiences and their outcomes, and to continue their activities despite the encountered stressors (Jazukiewicz, 2021).

Undoubtedly, the role of the parent is accompanied by a number of various challenges. Maintaining the parent's involvement in spite of the effects of these challenges is crucial not only in the process of raising children and building the parent-child bond, but also in supporting the mental wellbeing of the parents.

It is with increasing frequency that researchers indicate self-compassion as a psychological variable that might favourably affect parental influence on the children and play the role of a resource of the parents' wellbeing and their ability to cope (Gouveia, Carona, Canavarro, Moreira, 2016). The goal of this article is to present self-compassion as a significant resource in parenting.

## 1. The concept of self-compassion and its components

The concept of self-compassion was created by Kristin Neff (2003), who describes it as “being open and sensitive to one's own suffering, at the same time showing oneself kindness, adopting the attitude of

<sup>1</sup> Article in polish language: [https://www.stowarzyszeniefidesetratio.pl/fer/58P\\_Zmud.pdf](https://www.stowarzyszeniefidesetratio.pl/fer/58P_Zmud.pdf)

understanding and non-judgment towards one's own inadequacies and failures, becoming aware that one's own experience is part of shared human experience" (ibid., 224). Individuals with the capacity for self-compassion display a lower tendency to compare themselves with other and be critical towards their own feelings, thoughts, or behaviours, which enables them to more accurately attribute their own and other people's actions and increases their tolerance (Leary, Tate, Adams, Batts Allen, Hancock, 2007). Self-compassion is defined as a state or a trait (Neff, 2003; Leary et al., 2007). It is manifested in one's ability to care for oneself and a healthy attitude towards oneself (Dzwonkowska, 2013).

Neff (2003) emphasizes that in order to examine one's self-compassion, we need to begin with the concept of suffering – the unwanted experience that causes us pain, physical or emotional. It is worth stressing that denial and avoidance of suffering increases its level (Neff, Germer, 2022). Self-compassion is a factor that enables the individual to accept suffering the way it is and thus, helps them cope with it (ibid.).

Individuals characterized by self-compassion display less self-criticism, lower tendency towards self-judgment, and less frequently compare themselves to others (Neff, 2003). A significant characteristic found in those people is the capacity to accept their thoughts and emotions as they are – without judgment or denial. This ability allows them to gain distance and increases their self-awareness (Dzwonkowska, 2013).

Neff (2003, 2011) defines three dimensions of self-compassion: self-kindness, mindfulness, and common humanity. Each of these dimensions is described as a spectrum existing between high and low levels of a specific category.

The first category, the dimension of self-kindness, is connected with specific personality traits. According to K. Neff (2003), the self-kindness factor is related to one's sympathy towards oneself, which is significant in situations when the individual, in their own view, does not meet their own or others' requirements, which generates the feeling of frustration. Georgakaki and Karakasidou (2017) describe this dimension as self-oriented good will related to

self-understanding, supporting oneself, and treating oneself as a friend. Showing oneself understanding involves offering oneself kindness and accepting oneself and the mistakes one makes. In the face of the latter, it is important to comfort and support oneself – just like one would a friend (Neff, Germer, 2022, p. 20-21). The opposite of self-compassion is self-criticism, harsh judgment, noticing only one's mistakes and shortcomings, and absorption in the feeling of shame and embarrassment (Neff, 2011; Yarnell, Neff, 2013).

The next component of self-compassion is mindfulness, which refers to the ability to be aware of one's feelings and accept them as they are (Dzwonkowska, 2013, p. 303-304; Neff, 2003). It is manifested in focusing one's attention on feelings, but refraining from judgment, and to becoming aware of one's emotions without suppressing or controlling them (Kabat-Zinn, 2003). Mindfulness is a broad concept, relevant to the entirety of the human experience (Neff, Germer, 2013, p. 2), but in self-compassion, it is understood in a more narrow sense, in which it refers to gaining awareness of one's negative thoughts and emotions regarding personal suffering. Neff (2003) claims that this aspect of mindfulness is the first step and a necessary condition for self-compassion, since, in order to offer it to oneself, one must begin by recognizing and accepting the fact that one is experiencing suffering. Additionally, mindfulness facilitates the identification of one's needs which must be fulfilled so as to not cause us pain (Neff, Germer, 2022). Recognizing one's own needs allows the individual to know themselves better and builds self-acceptance, which are necessary for self-compassion (Hanson, 2020). The opposite of mindfulness is excessive identification with the experienced emotions, absorption with one's thoughts, and negative judgment of those thoughts, combined with guilt (Neff, 2003).

The final category of self-compassion is common humanity, which refers to the ability to perceive one's own experiences (including suffering) as an element of the general human experience. This component allows the individual reduce the sense that nobody else makes the kind of mistakes that they make, has as many shortcomings, or experiences as many failures.

The context in which this aspect gains particular significance is the one of the human inclination towards comparing oneself with others, which, in the modern day, is additionally encouraged by social media. People frequently feel inferior and lonely with their problems, assuming that others are better equipped to cope with them. Neff and Germer (2022) stress that when we experience many difficult emotions, we tend to focus on ourselves and our own suffering and think less rationally, which leads to the sense of being alone with our problems and experiences. The dimension of common humanity refers to the conviction that all people experience difficulties and suffering, and many problems that we face are identical to those of others. The opposite of the sense of shared experience with other people is the sense of loneliness and isolation from others who, in our view, are more successful, more skilled, and better at coping with difficulties (Neff, Kirkpatrick, Rude, 2007, p. 140).

These components of self-compassion remain in the relationship of mutual dependencies. Mindfulness equips the individual with the capacity to gain distance from their own experiences, which facilitates increased sympathy towards oneself, as well as the sense of sharing their experience with the rest of humanity (Neff, 2003). Increased sympathy towards oneself supports mindfulness and accepting experiences as they are, which, in turn, has positive impact on the sense of community with other people and treating one's suffering as a normal human experience. The sense of shared experience facilitates the ability to accept and understand oneself (Dzwonkowska, 2013).

In order to better understand the significance of self-compassion in parenting, it is necessary to refer its particular dimensions to parenting and analyzing them in its context.

## **2. Self-compassion in parenting**

Self-compassion is relevant in difficult situations in which an individual experiences unpleasant emotions, problems, and failures. The experience of parenting is frequently involves mistakes and is connected with the

sense of having failed (one's own and other people's) expectations. In the context of the fact that family and children are one of the most important values for a human being, failures in this dimension of life may be particularly painful, which has influence on the person's mental well-being and their sense of satisfaction with life. In this context, the dimension of self-compassion is of particular importance.

The mental state of the parents and their well-being are crucial factors in the development and mental health of their children, as evidenced by numerous studies (e.g. Beatson, Taryan, 2003; Pine et al., 2005; Zimmermann, Stansbury, 2004).

Self-compassion directed towards oneself allows the individual treat themselves with kindness, look after themselves, and forgive themselves their mistakes. Self-directed empathy facilitates self-kindness (Neff, 2003). Individuals who display sympathy and empathy towards themselves tend to also offer it to others and more frequently feel comfortable in interpersonal relationships (Neff, 2011). Thanks to self-compassion, the parent is more open and empathetic towards the emotions and behaviours of their child, which undoubtedly facilitates the formation of a healthy relationship between them. Research shows that individuals with a higher level of self-compassion more often experience positive affect and they are characterized by increased acceptance of other people (ibid.)

Self-compassion (combined with the ability to distance oneself from one's thoughts or emotions) constitutes an important factor supporting human self-regulation (Neff, Vonk, 2009). Excessive criticism of oneself, however, may trigger mechanisms which limit one's ability to reflect on one's emotions, actions, and situations in which one finds themselves, as a result negatively affecting the person's capacity for self-regulation (Leary et al., 2007). According to the study on self-regulation conducted by Edler and Valentino (2024), it is a trait with a decisive impact on the parent's behaviour towards the child and a positive influence on the effects of parenting. Self-compassion and self-kindness decrease the frustration generated by fulfilling the role of the parent. What is more, a higher level of self-directed sympathy is related to a lower level of stress and self-criticism (Neff, Germer,

2022). Lunkenheimer, Sturge-Apple, and Kelm (2023) have conducted a review of studies which show that parental self-regulation is a significant factor also in the development of the child's skills in the same area.

Psychogiou et al. (2016) have proven that parents with a highly developed self-compassion are less critical towards their children and better equipped to cope with their emotions. It is likely to be connected with the positive interdependence between self-compassion and emotional intelligence (Heffernan, Quinn Griffin, McNulty, Fitzpatrick, 2010). Emotional intelligence facilitates appropriate attitudes in the parents, in particular positive communication with the child (Belean, Năstasă, 2017).

Sirois, Bögels and Emerson (2019) have conducted studies on parents of children aged up to 12 in which they were requested to recall a situation in their life as parents in which they felt guilt or shame. The group of parents who received a piece of advice that could encourage self-compassion experienced, during the experiment, less guilt and shame in comparison with the control group, which indicates that self-compassion plays a significant role in alleviating the effects of difficult emotions.

Leary et al. (2007) have conducted a series of interesting studies in which they indicated that self-compassion is a significant factor in the process of coping with difficult situations in life, with memories of those situations, as well as with negative feedback. The research showed that self-compassion decreases the intensity of emotions of negative valence, protects the individual from the sense of being burdened with unpleasant affect, and facilitates self-appreciation. Interestingly, the impact of self-compassion was particularly visible in individuals with a low self-esteem who it allowed to experience difficult emotions less intensely. Coping with negative affect and negative feedback is highly significant in the context of parenting, in which the individual is frequently judged by other people and experiences numerous unpleasant emotions, a sense of being overwhelmed and inadequate (Crowe et al., 2011; Rojewska, 2023). The researchers (Leary et al., 2007) stress that self-compassion may be a better method of protecting the individual from the impact of negative experiences than self-esteem.

To summarize, self-compassion decreases the level of self-criticism not only in the parents towards themselves, but also their criticism towards their children (Psychogiou et al., 2016). (Lunkenheimer, Sturge-Apple, Kelm, 2023). Moreover, sympathy and kindness towards oneself alleviates negative affect and helps cope with it (Leary et al., 2007)

### 3. Mindful parenting

Self-reflection, or mindfulness, is a particularly significant component of self-compassion. The interest in parental mindfulness begun with Jon and Myla Kabat-Zinn's (1997, as cited in Wegner, Wojciechowska, 2016) postulate the inclusion of mindfulness in the category of parental practices. In recent years, researchers have paid increased attention to this concept (e.g. Bögels, Lehtonen, Restifo, 2010; Duncan, Coatsworth, Greenberg, 2009; Gouveia et al., 2016; Moreira et al., 2016). Parental mindfulness is defined as a parenting style based on the parent's complete presence in their interactions with the child, adopting an attitude of non-judgment, complete acceptance of the child, and sympathy both for the child and for oneself (Moreira, Gouveia, Canavarro, 2018). According to the researchers (e.g. Duncan et al., 2009), mindfulness can be considered one of the basic parenting skills.

Duncan et al. (2009, p. 258) have created the model of mindful parenting which divides it into 5 dimensions: attentive listening, the attitude of acceptance without judgment towards the child and oneself, awareness of one's own emotions and of those of the child, development of self-regulation (particularly in the role of the parent), and sympathy towards oneself and the child. The latter is defined by the author as "empathetic concern and willingness to alleviate suffering" (ibid., p. 260). The fact that mindfulness equips the parent with a higher tendency to offer support and fulfill their own and the child's needs is of particular importance.

Mindful parenting supports positive, safe relationships between parents and children (Medeiros, Gouveia, Canavarro, 2016) and is connected with the parents' ability to more efficiently cope with the challenges they encounter in their role (Sirois et al., 2019).

Mindfulness has impact on the reduction of stress in the parent (Gouveia et al., 2016). Research shows that parental mindfulness plays a role in decreasing the symptoms of depression and the level of anxiety in the parents, and in overall improvement of their health (Alexander, 2018). Other research (Felder, Lemon, Shea, Kripke, Dimidjian, 2016), conducted on women during pregnancy and after giving birth, have shown that a higher level of self-compassion coincided with a lower level of anxiety, fear, and symptoms of depression in the perinatal period.

The results of studies conducted by Lippold, Duncan, Coatsworth, Nix i Greenberg (2015) suggest that mindful parenting has positive impact on the communication between the mother and an adolescent child; it decreases the parents' tendency towards negative reactions as well as the perceived parental control. It also improves the affective quality of the relationship between the mother and the adolescent.

The results of the studies which indicate that mindful parenting has positive influence on the symptoms of depression and anxiety in adolescents (Geurtzen, Scholte, Engels, Tak, van Zundert, 2015), and on improved mood in children and youth (Meireiros et al., 2016) are of particular importance. Moreover, Turpyn and Chaplin (2016) have proven that mindful parenting and positive interactions with the parents determined a lower likelihood of abuse of psychoactive substances by adolescents. Studies conducted by Calvete, Gómez-Odrizola oraz Orue (2021) have indicated the existence of a positive correlation between mindful parenting and the children's well-being. They have also concluded that mindfulness is particularly important in the context of parental impact on the children with a lower level of dispositional mindfulness.

Research conducted on parents of children at different ages (Gouveia et al., 2016) has shown that the higher the level of mindfulness in parenting and self-compassion in the parents, the lower was the displayed level of authoritarian and permissive parenting style. In their review of studies on mindful parenting, Bögels et al. (2010) emphasize its capacity for significantly increasing the degree of the attention that one pays both to oneself and one's child, which has positive impact on the child's development.

#### **4. The sense of shared experience with other parents**

Various difficulties connected with fulfilling the role of the parent can generate unpleasant emotions, including frustration, helplessness, or even blaming oneself for being a bad parent (Crowe et al., 2011). Making mistakes and emotional reactions to difficult situations are not always consistent with the parent's expectations of themselves and the way they perform their role as a parent; the social pressure, judgment by others, certain trends that appear in social media that can influence one's perception of how they should conduct or how other people live can all make parenting increasingly difficult.

The sense of common human experience allows the parent to not feel isolated in their problems; they know that they share their experience with others. This perspective encourages more acceptance and openness towards one's own experiences – which one perceives as more real – which helps one apply various active coping strategies and seek support (Neff, Germer, 2022).

Studies by Neff (2011) have shown that self-compassion decreases the tendency to compare oneself with others and increases the individual's stability, which appears particularly significant in the context of parental roles, which expose the parent to the risk of being compared with other parents. The same studies have proven that the higher self-compassion, the lower the tendency towards cognitive closure (that facilitates superficial analysis of information). Parenting is connected with the necessity to react in flexible ways, adapt to different situations, and seek solutions and causes of problems (such as the causes of specific behaviour in the child). The lower tendency towards cognitive closure may, therefore, facilitate the parent's flexibility and cognitive openness.

The sense of common humanity helps the parent perceive their own action from a less critical perspective and offer oneself more sympathy; it is particularly important in the context of frequently high expectations that parents have of themselves and their effort, and their tendency to compare themselves with others (often without being aware of the entire context of the situation and the other

parents' behaviour). The sense that one's experiences are part of the general human experience, connected with self-directed sympathy allows one consider a higher number of factor that play a role in a specific situation and avoid judging oneself in the context of failur (Neff, 2003). This makes it possible to renew one's investment in their role as a parent, as no energy is lost on negative rumination and processing the negative affect caused by blaming oneself for the failure. The parent's energy may be applied to actions which realize their role as a parent and uphold their values (cf. Harris, 2022). Moreover, the sense of common humanity shared with other parents may decrease the fear of judgment that is often experienced by parents in the context of perception of their parental practices by others. The sense of community with others in one's experiences facilitates the development of the belief that difficulties, problems, and failures are a natural part of a parent's life, which decreases the tendency to self-judgment (Dzwonkowska, 2013).

## 5. Self-compassion in parents of children with special needs

Parents whose children struggle with illnesses, developmental disorders, or behavioural issues may experience particular challenges connected with caring for and raising their children. A number of studies have been conducted on parental stress (e.g. Kochanová, Pittman, McNeela, 2022; Pisula, Noińska, 2011) that is commonly experienced by those parents. The researchers were interested also in protective factors which might support parents in coping with their everyday challenges connected with caring for children with special needs.

Studies (Shenaar-Golan, Wald, Yatzkar, 2021) conducted on parents of children with mental health issues have shown that a higher level of self-compassion in the parents co-occurs with more frequently experiencing emotions of positive valence and less frequently unpleasant ones. They also display an overall higher level of mental well-being. Authors (ibid.) suggest that self-compassion may act as a protective factor between the child's illness and the parent's psychological well-being. Similar conclusions were also reached by

Neff and Faso (2015) in studies on parents of autistic children. The studies indicated that, in those parents, a higher level of self-compassion co-occurred with a higher level of hope and a higher satisfaction with life. The same study has shown that a negative relationship exists between self-compassion and parental stress and depression. Interestingly, self-compassion determined the parents' mental well-being to a higher degree than the exacerbation of the symptoms of the child's disorder. It is particularly significant in the context of parents of children diagnosed with autism, as this group of parents experiences more intense stress in comparison with the parents of children with different types of health or developmental disorders (Pisula, 2007). Studies by Pisula and Noińska (2011) have indicated that a higher level of one's positive perception of their experiences as a parent correlates to a lower level of stress.

Other studies conducted on parents of children with autism (Beer, Ward, Moar, 2013) have shown that a more mindful parenting correlates with decreased symptoms of depression and a lower level of experiences stress. Interestingly, a lower self-compassion in the parents was connected with a higher level of behavioural problems in their children. Wong, Mak, and [Yu-Hsin Liao](#) (2016) have also conducted studies on parents of children on the autism spectrum, in which they controlled the received social support and positive orientation of the parents. The research has shown that self-compassion was a significant factor protecting the studied parents from psychological distress.

Parents with children who struggle with physical or mental health issues frequently blame themselves for the development of those issues (e.g. Crowe et al., 2011; McDonald, O'Brien, Jackson, 2007). In the light of the fact that many parents occasionally experience guilt in the context of their own behaviour towards their child, a self-compassionate attitude towards oneself is a significant factor which may protect one from excessively blaming oneself. It is worth noting that such components of self-compassion as mindfulness or kindness towards oneself are particularly helpful in coping with these experiences. Thanks to mindful and compassionate approach to one's own experiences and feelings, the individual

becomes more aware of both their own experiences and the sources of their emotions, which allows to cope with them more effectively.

## **Conclusions**

Self-compassion is a universal resource. It improves one's mood and well-being (Miller, Lee, Niu, Grise-Owens, Bode, 2019; Moreira, Carona, Silva, Nunes, Canavarro, 2016), and constitutes an important predictor of the sense of happiness and positive affect (Neff, Vonk, 2009).

Researchers (e.g. Duncan et al., 2009; Psychogiou et al. 2016) claim that the development of self-compassion by parents has positive impact on the quality of their parenting. The present study cites numerous studies which show the beneficial influence of self-compassion on self-regulation, coping, and realizing one's role as a parent.

Parental self-compassion benefits their role as parents in two ways: it has positive impact on the parent's well-being and their ability to cope with difficulties; simultaneously, it helps the parent offer better support to their child, build a deeper relationship between them, and teach them how to regulate their emotions or build relationships with other people (cf. Belean, Năstasă, 2017).

Self-compassion determines the parent's psychological well-being and has favourable influence on their mental state (e.g. Gouveia et al. 2016); it also decreases the parental stress (e.g. Neff, Faso, 2015). The caretaker's well-being and their coping skills are of considerable importance in the process of building their relationship with the child, the impact of their parenting practices, and their support for the child's development, among others in the context of self-regulation. This occurs due to the fact that self-compassion facilitates accepting one's emotions, openness to different experiences, including difficult ones, and coping with negative affect (e.g. Gouveia et al., 2016). Importantly, self-compassion encourages one to be more accepting of the feelings of others, which is particularly important in one's relationship with a child who is still learning to regulate their own emotions.

Studies to date (Ewert, Gaube, Geisler, 2018; Sirois, Molnar, Hirsch, 2015) confirm the dependencies between self-compassion and coping strategies in difficult situations. A positive correlation has been found between self-compassion and coping mechanisms in stressful situations connected with active coping in one's role as a parent (Sirois et al., 2019). The higher the self-compassion an individual offers oneself, the less frequently they apply avoidant strategies and the more efficiently they adapt to challenging situations (Chishima, Mizuno, Sugawara, Miyagawa, 2018). There is no doubt that problem solving is an important parenting skill which allows one to better cope with difficulties and maintain their psychological well-being. It is through modelling their own behaviour that the parent teaches the child adaptational coping strategies. The parents' ability to show oneself compassion has positive impact on their children. To quote Hanson (2020, p. 19), "being kind to oneself is being kind to others". Other studies (Moreira, Gouveia, Carona, Silva, Canavarro, 2014), conducted on mothers of children within the age range of 8 to 18 confirm that a higher level of self-compassion in the mother correlates to not only a lower parental stress level in her, but also to a higher quality of the child's life.

Numerous studies indicate that self-compassion may be formed through practical exercises, such as mindfulness training (Neff, 2011). Studies show that the practice of mindfulness may additionally increase other factors of self-compassion (Birnie, Speca, Carlson, 2010), whose development is possible also due to the practice of compassionate reappraisal (see Neff, Germer 2013) or even only a short meditation session (Boellinghaus, Jones, Hutton, 2014; Albertson, Neff, Dill-Shackleford, 2015). Studies by Neff and Germer (2013), who verified the effectiveness of the eight-week self-compassion training, have indicated that participation in the training significantly increases the level of mindfulness and general self-compassion. Interesting research has been conducted by Georgakaki and Karakasidou (2017), who experimentally confirmed that positive internal dialogue has influence on the increase of the level of self-compassion as well as reduction of anxiety.

The concept of self-compassion as a factor supporting the functioning of an individual in the face of various challenges and obstacles requires further research. The issues of the determinants of self-compassion and the capacity for its development in an individual are both significant. Modern parents must cope not only with the necessity to combine various

roles in life, but also with high expectations, social judgment, pressure, as well as the pace of life and the necessity to manage numerous obligations. It appears that self-compassion is an important resource which may offer significant support in the particularly important but also difficult role of the parent.

## Bibliography

- Albertson, E.R., Neff, K.D., Dill-Shackleford, K.E. (2015). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 6, 444-454. <https://doi.org/10.1007/s12671-014-0277-3>
- Alexander, K. (2018). Integrative review of the relationship between mindfulness-based parenting interventions and depression symptoms in parents. *Journal of Obstetric, Gynecologic and Neonatal Nursing*, 47(2), 184-190. <https://doi.org/10.1016/j.jogn.2017.11.013>
- Beatson, J., Taryan, S. (2003). Predisposition to depression: the role of attachment. *Australian and New Zealand Journal of Psychiatry*, 37(2), 219-225.
- Beer, M., Ward, L., Moar, K. (2013). The relationship between mindful parenting and distress in parents of children with an autism spectrum disorder. *Mindfulness*, 4. <https://doi.org/10.1007/s12671-012-0192-4>
- Belean, R.D., Năstasă, L.E. (2017). The relationship between parental style, parental competence and emotional intelligence. *Bulletin of the Transilvania University of Brasov. Series VII, Social Sciences and Law*, 10(2), 181-190.
- Birnie, K., Speca, M., Carlson, L.E. (2010). Exploring self-compassion and empathy in the context of mindfulness-based stress reduction (MBSR). *Stress and Health*, 26(5), 359-371. <https://doi.org/10.1002/smi.1305>
- Boellinghaus, I., Jones, F.W., Hutton, J. (2014). The role of mindfulness and loving-kindness meditation in cultivating self-compassion and other-focused concern in health care professionals. *Mindfulness*, 5, 129-138. <https://doi.org/10.1007/s12671-012-0158-6>
- Bögels, S.M., Lehtonen, A., Restifo, K. (2010). Mindful parenting in mental health care. *Mindfulness*, 1(2), 107-120. <https://doi.org/10.1007/s12671-010-0014-5>
- Calvete, E., Gómez-Odrizola, J., Orue, I. (2021). Differential susceptibility to the benefits of mindful parenting depending on child dispositional mindfulness. *Mindfulness*, 12, 405-418. <https://doi.org/10.1007/s12671-020-01467-7>
- Chaplin, T.M., Turpyn, C.C., Fischer, S., Martelli, A.M., Ross, C.E., Leichtweis, R.N., Miller, A.B., Sinha, R. (2021). Parenting-focused mindfulness intervention reduces stress and improves parenting in highly stressed mothers of adolescents. *Mindfulness*, 12(2), 450-462. <https://doi.org/10.1007/s12671-018-1026-9>
- Chishima, Y., Mizuno, M., Sugawara, D., Miyagawa, Y. (2018). The influence of self-compassion on cognitive appraisal and coping with stressful events. *Mindfulness*, 9(6), 1907-1915. <https://doi.org/10.1007/s12671-018-0933-0>
- Crowe, M., Inder, M., Joyce, P., Luty, S., Moor, S., Carter, J. (2011). Was it something I did wrong? A qualitative analysis of parental perspectives of their child's bipolar disorder. *Journal of Psychiatric and Mental Health Nursing*, 18(4), 342-348. <https://doi.org/10.1111/j.1365-2850.2010.01673.x>
- Duncan, L., Coatsworth, J.D., Greenberg, M. (2009). A model of mindful parenting: Implications for parent-child relationships and prevention research. *Clinical Child and Family Psychology Review*, 12(3), 255-270. <https://doi.org/10.1007/s10567-009-0046-3>
- Ewert, C., Gaube, B., Geisler, F.C.M. (2018). Dispositional self-compassion impacts immediate and delayed reactions to social evaluation. *Personality and Individual Differences*, 125, 91-96. <https://doi.org/10.1016/j.paid.2017.12.037>
- Felder, J.N., Lemon, E., Shea, K., Kripke, K., Dimidjian, S. (2016). Role of self-compassion in psychological well-being among perinatal women. *Archives of Women's Mental Health*, 19(4), 687-690. <https://doi.org/10.1007/s00737-016-0628-2>
- Geurtzen, N., Scholte, R.J., Engels, R.M.E., Tak, Y., van Zundert, R.P. (2015). Association between mindful parenting and adolescents' internalizing problems: Non-judgmental acceptance of parenting as core element. *Journal of Child and Family Studies*, 24(4), 1117-1128. <https://doi.org/10.1007/s10826-014-9920-9>
- Gouveia, M.J., Carona, C., Canavaro, M.C., Moreira, H. (2016). Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: The mediating role of mindful parenting. *Mindfulness*, 7(3), 700-712. <https://doi.org/10.1007/s12671-016-0507-y>
- Heffernan, M., Quinn Griffin, M.T., McNulty, S.R., Fitzpatrick, J.J. (2010). Self-compassion and emotional intelligence in nurses. *International Journal of Nursing Practice*, 16(4), 366-373. <https://doi.org/10.1111/j.1440-172X.2010.01853.x>
- Khajehpour, M. (2011). Relationship between emotional intelligence, parental involvement and academic performance of high school students. *Procedia-Social and Behavioral Sciences*, 15, 1081-1086. <https://doi.org/10.1016/j.sbspro.2011.03.242>
- Kochanova, K., Pittman, L.D., McNeela, L. (2022). Parenting stress and child externalizing and internalizing problems among low-income families: Exploring transactional associations. *Child Psychiatry and Human Development*, 53, 1-13. <https://doi.org/10.1007/s10578-020-01115-0>
- Leary, M.R., Tate, E.B., Adams, C.E., Batts Allen, A., Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: the implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92(5), 887. <https://doi.org/10.1037/0022-3514.92.5.887>
- Lippold, M., Duncan, L., Coatsworth, J.D., Nix, R., Greenberg, M. (2015). Understanding how mindful parenting may be linked to mother-adolescent communication. *Journal of Youth and Adolescence*, 44(9), 1663-1673. <https://doi.org/10.1007/s10964-015-0325-x>
- Lunkenheimer, E., Sturge-Apple, M.L., Kelm, M.R. (2023). The importance of parent self-regulation and parent-child coregulation in research on parental discipline. *Child Development Perspectives*, 17(1), 25-31. <https://doi.org/10.1111/cdep.12470>



- McDonald, G., O'Brien, L., Jackson, D. (2007). Guilt and shame: Experiences of parents of self-harming adolescents. *Journal of Child Health Care, 11*(4), 298-310. <https://doi.org/10.1177/1367493507082759>
- Medeiros, C., Gouveia, M.J., Canavarro, M.C., Moreira, H. (2016). The indirect effect of the mindful parenting of mothers and fathers on the child's perceived well-being through the child's attachment to parents. *Mindfulness, 7*(4), 916-927. <https://doi.org/10.1007/s12671-016-0530-z>
- Miller, J., Lee, J., Niu, C., Grise-Owens, E., Bode, M. (2019). Self-compassion as a predictor of self-care: A study of social work clinicians. *Clinical Social Work Journal, 47*, 321-331. <https://doi.org/10.1007/s10615-019-00710-6>
- Moreira, H., Carona, C., Silva, N., Nunes, J., Canavarro, M.C. (2016). Exploring the link between maternal attachment-related anxiety and avoidance and mindful parenting: The mediating role of self-compassion. *Psychology and Psychotherapy: Theory, Research and Practice, 89*(4), 369-384. <https://doi.org/10.1111/papt.12082>
- Moreira, H., Gouveia, M.J., Canavarro, M.C. (2018). Is mindful parenting associated with adolescents' well-being in early and middle/late adolescence? The mediating role of adolescents' attachment representations, self-compassion and mindfulness. *Journal of Youth and Adolescence, 47*, 1771-1788. <https://doi.org/10.1007/s10964-018-0808-7>
- Muris, P., Otgaar, H., Meesters, C., Heutz, A., van den Homberg, M. (2019). Self-compassion and adolescent's positive and negative cognitive reactions to daily life problems. *Journal of Child and Family Studies, 18*, 1433-1444. <https://doi.org/10.1007/s10826-019-01353-4>
- Neff, K.D. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity, 2*, 85-101. <https://doi.org/10.1080/15298860309032>
- Neff, K.D. (2011). Self-Compassion, Self-Esteem, and Well-Being. *Social and Personality Psychology Compass, 5*, 1-12. <https://doi.org/10.1111/j.1751-9004.2010.00330.x>
- Neff, K.D., Faso, D.J. (2015). Self-Compassion and Well-Being in Parents of Children with Autism. *Mindfulness, 6*, 938-947. <https://doi.org/10.1007/s12671-014-0359-2>
- Neff, K.D., Germer, C.K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology, 69*(1), 28-44. <https://doi.org/10.1002/jclp.21923>
- Neff, K.D., Vonk R. (2009). Self-Compassion Versus Global Self-Esteem: Two Different Ways of Relating to Oneself. *Journal of Personality, 77*, 23-50. <https://doi.org/10.1111/j.1467-6494.2008.00537.x>
- Pine, D.S., Klein, R.G., Mannuzza, S., Moulton III, J.L., Lissek, S., Guardino, M., Woldehawariat, G. (2005). Face-emotion processing in offspring at risk for panic disorder. *Journal of the American Academy of Child and Adolescent Psychiatry, 44*(7), 664-672. <https://doi.org/10.1097/01.chi.0000162580.92029.f4>
- Pisula, E., Noińska, D. (2011). Stres rodzicielski i percepcja doświadczeń związanych z opieką nad dzieckiem u rodziców dzieci z autyzmem uczestniczących w różnych formach terapii. *Psychologia Rozwojowa, 16*(3), 75-88.
- Psychogiou, L., Legge, K., Parry, E., Mann, J., Nath, S., Ford, T., Kuyken, W. (2016). Self-Compassion and Parenting in Mothers and Fathers with Depression. *Mindfulness, 7*, 896-908. <https://doi.org/10.1007/s12671-016-0528-6>
- Punia, S., Sangwan, S. (2011). Emotional intelligence and social adaptation of school children. *Journal of Psychology, 2*(2), 83-87. <https://doi.org/10.1080/09764224.2011.11885466>
- Sirois, F.M., Bögels, S., Emerson, L.M. (2019). Self-Compassion Improves Parental Well-Being in Response to Challenging Parenting Events. *The Journal of Psychology, 153*, 327-341. <https://doi.org/10.1080/00223980.2018.1523123>
- Sirois, F.M., Molnar, D.S., Hirsch, J.K. (2015). Self-Compassion, Stress, and Coping in the Context of Chronic Illness. *Self and Identity, 14*, 334-347. <https://doi.org/10.1080/15298868.2014.996249>
- Shenaar-Golan, V., Wald, N., Yatzkar, U. (2021). Parenting a child with mental health problems: The role of self-compassion. *Mindfulness, 12*, 2810-2819. <https://doi.org/10.1007/s12671-021-01744-z>
- Turculeț, A., Tulbure, C. (2014). The relation between the emotional intelligence of parents and children. *Procedia - Social and Behavioral Sciences, 142*, 592-596. <https://doi.org/10.1016/j.sbspro.2014.07.671>
- Turpyn, C.C., Chaplin, T.M. (2016). Mindful parenting and parents' emotion expression: Effects on adolescent risk behaviors. *Mindfulness, 7*(1), 246-254. <https://doi.org/10.1007/s12671-015-0440-5>
- Yarnell, L.M., Neff, K.D. (2013). Self-Compassion, Interpersonal Conflict Resolutions, and Well-Being. *Self and Identity, 12*, 146-159. <https://doi.org/10.1080/15298868.2011.649545>
- Wegner, E., Wojciechowska, L. (2016). Uwaga rodzicielska oraz jej aspekty teoretyczne i aplikacyjne. *Polskie Forum Psychologiczne, 21*(1), 23-33. <https://doi.org/10.14656/PFP20160102>
- Wilson, A.C., Mackintosh, K., Power, K., Chan, S.W. (2019). Effectiveness of self-compassion related therapies: A systematic review and meta-analysis. *Mindfulness, 10*, 979-995. <https://doi.org/10.1007/s12671-018-1037-6>
- Zimmermann, L.K., Stansbury, K. (2004). The influence of emotion regulation, level of shyness, and habituation on the neuroendocrine response of three-year-old children. *Psychoneuroendocrinology, 29*(8), 973-982. <https://doi.org/10.1016/j.psyneuen.2003.09.003>