

**THEORETICAL LITERATURE REVIEW OF POSITIVE PARENTING AND  
CHILDREN'S EMOTIONAL DEVELOPMENT**

**Theme**

- Práticas de desarrollo del bienestar infantil

**Subtheme**

- Desarrollo y educación de la primera infancia y la adolescência

Cláudia Hofheinz Giacomoni. Institution: Federal University of Rio Grande do Sul (UFRGS). E-mail: giacomonich@gmail.com (presenter)

Emilly Schuch Martins. Institution: Federal University of Rio Grande do Sul (UFRGS). E-mail: emilymartins3008@yahoo.com.br

Lucca Pereira Rodrigues. Institution: Federal University of Rio Grande do Sul (UFRGS). E-mail: luccapereirarodrigues@gmail.com

Ronaldo Rizzi. Institution: Federal University of Rio Grande do Sul (UFRGS). E-mail: ronaldorizzipsi@gmail.com

**Abstract:** In the last decade, there is a growing and noticeable interest on understanding how children develop in healthy ways. Specifically, parenting practices stand out as an important aspect concerning child development, with positive parenting in particular becoming a promising and growing trend in research and practice. Positive parenting can be summarized as the parents' tendency to show affection and support towards their children, as well as parents' interest and availability towards the needs of the child. There is increasing consensus that safe and positive interactions between children and their caregivers are fundamental to healthy child development, with studies showing that children that grow in affectionate environments with supportive parents, i.e. positive parenting, tend to score higher in self-regulation. The following study aims to present a theoretical literature review of positive parenting and its effects on children's emotional development. Positive parenting seems to be especially important in the first years of life, because it helps with learning about the world and emotional regulation, especially regarding age-characteristic anxiety and anguish. Positive parenting is also related to children's self-regulation at different ages, as well as with mothers from different backgrounds. Children of parents who practice more affectionate and attuned parenting

also have important impacts on their social development, such as more prosocial behaviors, diminished aggression and higher social competence. Other positive parenting practices that also impact social competence include parents providing a structured environment as well as age-appropriate stimulation. Early childhood is a crucial period for development, with implications that can spread across the lifespan, highlighting the importance of this present review. Studies have shown that positive parenting has important correlations with resilience in adolescence, demonstrating that the practice can also impact children later in life. Theoretically understanding the relationship between positive parenting and child emotional regulation is essential in order to properly inform caregivers on the most effective nurturing strategies and their effects on a child's development. Better understanding of the theory also contributes towards developing prevention programs focused on positive parenting as well as public policies aimed at helping families learn and employ healthy practices that may be used at home.