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## Examining the influence of positive parenting on Chinese preschooler's self-control: The mediating role of gratitude

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Preschooler's self-control is a key aspect and essential element which serves as a protector from external and internal issues. Parenting plays an indispensable role in children's development. With the increasing amount of scientific attention on the link between positive parenting and child self-control, there is a lack of research on the role of gratitude on the association between positive parenting and self-control. The present study examined the relationship between positive parenting and self-control using the data from 311 Hong Kong parents of preschool children. The participating parents were recruited from three kindergartens in Hong Kong SAR. Descriptive analysis was adopted to present the research participants' demographic situation. Correlation analysis was used to explore the relationships between positive parenting, child gratitude, and self-control. The Model 4 in the PROCESS 4.0 in SPSS 27 was applied to verify the mediator role of child gratitude in the association between positive parenting and self-control. The independent and mediating role of gratitude in this relationship was tested. The results suggested that positive parenting was directly related to preschool children's self-control ( $r = 0.27, p < 0.01$ ). Child gratitude played an independent mediating role between positive parenting ( $r = 0.59, p < 0.01$ ) and self-control ( $r = 0.11, p < 0.01$ ). According to the mediation analysis results, the direct effect of positive parenting on self-control was significant (effect = 0.27, 95% CI = [0.16, 0.39]). The total indirect effect was also significant (effect = 0.34, 95% CI = [0.23, 0.45]). The effect of positive parenting on self-control was mediated by child gratitude (effect = 0.07, 95% CI = [0.02, 0.12]). The current findings highlight the importance of promoting positive parenting skills and child gratitude training to facilitate preschool children's self-control. Future research should use longitudinal quantitative methods to explore the causal links.

### Biography

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