

XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires, 2024.

Relación entre las conductas parentales y la regulación emocional en niños/as de 0 a 3 años: una revisión sistemática.

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Cita:

Simaes, Ailín Charo, Ferrero, Paula y Gago Galvagno, Lucas Gustavo (2024). *Relación entre las conductas parentales y la regulación emocional en niños/as de 0 a 3 años: una revisión sistemática*. XVI Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXI Jornadas de Investigación. XX Encuentro de Investigadores en Psicología del MERCOSUR. VI Encuentro de Investigación de Terapia Ocupacional. VI Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires.

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RELACIÓN ENTRE LAS CONDUCTAS PARENTALES Y LA REGULACIÓN EMOCIONAL EN NIÑOS/AS DE 0 A 3 AÑOS: UNA REVISIÓN SISTEMÁTICA

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RESUMEN

Se realizó una revisión sistemática para evaluar las relaciones existentes entre las conductas parentales y la regulación emocional de niños/as de 0 a 3 años. Se consideraron estudios empíricos con alcance explicativo y/o asociativo publicados durante 11 años consecutivos para evaluar la contribución de las conductas parentales en la regulación emocional infantil, evaluar la robustez de estas relaciones e identificar los efectos mediadores del nivel socioeconómico sobre la regulación emocional y la reactividad emocional en niños/as con desarrollo típico. La búsqueda inicial arrojó 2.081 estudios, de los cuales 24 cumplieron con los criterios de inclusión. Los resultados indican que las conductas parentales de sensibilidad, gentileza, conocimiento de las emociones y tiempo compartido se asociaron con una mayor regulación emocional del niño, específicamente con control esforzado y disminuyendo expresiones de reactividad emocional. Se concluye que es importante poder orientar a cuidadores/as primarios/as en prácticas de cuidado sensibles por sus resultados positivos sobre la regulación emocional en infantes, siendo este un predictor relevante del desarrollo infantil.

Palabras clave

Parentalidad - Crianza - Regulación emocional - Primera infancia - Vulnerabilidad social

ABSTRACT

RELATIONSHIP BETWEEN PARENTING BEHAVIORS AND EMOTIONAL REGULATION IN CHILDREN AGED 0 TO 3 YEARS: A SYSTEMATIC REVIEW

A systematic review was conducted to evaluate the relationships between parenting behaviors and emotional regulation in children aged 0 to 3 years. We considered empirical studies with explanatory and/or associative scope published during 11 consecutive years to evaluate the contribution of parental behaviors to children's emotional regulation, to assess the robustness of these relationships and to identify the mediating effects of socioeconomic status on emotional regulation and emotional reactivity in typically developing children. The initial search yielded 2,081 studies, of which 24 met the inclusion criteria. The re-

sults indicate that parental behaviors of sensitivity, gentleness, knowledge of emotions and time-sharing were associated with greater emotional regulation of the child, specifically with effortful control and decreased expressions of emotional reactivity. It is concluded that it is important to be able to guide primary caregivers in sensitive caregiving practices due to their positive results on emotional regulation in infants, being this a relevant predictor of child development.

Keywords

Parenting - Breeding - Emotional regulation - Early childhood - Social vulnerability

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