**Hypotheses - Continued**

- Given our previous finding regarding the influence of infant negative emotion on trajectories of infant regulatory capacity (8), infant NE was included in the model.
- Better maternal EFC was expected to have negative associations with infant NE; infant NE was expected to be negatively related to maternal time spent in infant care and subsequent toddler EFC.

**Participants**

- 156 families with 4 month old infants
- Primarily Caucasian (92.4%)
- Wide SES range (Income-to-needs range = .334 – 7.952)
- Mothers’ mean age = 30.31 (range 20.00 – 40.00)
- Mothers’ mean years of education = 15.17 (range 10.00 – 25.00)
- Mothers’ mean age at first birth = 24.67 (range 15.00 – 40.00)
- Maternal EFC (EFC) was measured using the Infant Behavior Questionnaire
- ECQ 11: Maternal EFC
- ECQ 8: Infant EFC
- ECQ 4: Parenting of Infants
- ECQ 7: Parenting of Toddlers

**Measures and Procedure**

- Infant Behavior Questionnaire – Revised (9): Orientation/Regulation factor
  - Completed at 4, 6, 8, 10, and 12 months of age
- Early Childhood Behavior Questionnaire (10): Effortful Control factor
  - Completed at 18 months of age
- Adult Temperament Questionnaire (11): Effortful Control factor
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- Caregiving Questionnaire – mother estimate of time spent daily with their infants in activities such as reading, playing, bathing, holding, feeding, and dressing
  - Completed at 6 months of age

**Results**

- Maternal EFC 4 Month
- Infant 4 Month NE
- Parent EFC 4 Month
- Infant 4 Month NE
- Maternal 6 Month Time
- In Infant Care
- Infant 6 Month NE
- Maternal 18 Month Toddler EFC
- Infant 18 Month Toddler EFC

**Discussion - Continued**

- After accounting for maternal EFC, the time maternal caregivers reported spending in various interactive caregiving activities with infants at 6 months was a significant contributor to toddler EFC 12 months later.
- While prior studies have used constructs such as maternal warmth and sensitivity, the current study used maternal time spent in various interactive caregiving activities and obtained similar results, suggesting that quantity, in addition to quality, of maternal-child interactions may be important. Infants who spend more time interacting with caregivers may have more opportunities to use regulation skills, ultimately resulting in better behavioral and emotional regulation.
- Future studies should consider incorporating several additional and/or alternative sources of information regarding infant regulatory capacity and/or toddler EFC and use a diary method to obtain estimates of time maternal caregivers spend in activities with their child.

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**Discussion**

- Findings largely conformed to expectations, with one notable exception: Maternal EFC did not predict the slope of infant Regulatory Capacity/Orienting
- Results indicate that considering the trajectory of infant regulatory capacity adds unique variance to the prediction of future EFC, extending existing studies examining the continuity of infant regulatory capacity and later EFC.

**Background/Purpose**

- Effortful control (EFC) contributes to the regulation of emotion and behavior (1, 2) and begins to emerge during the early toddler period (3).
- Several studies suggest some continuity between early regulatory capacity and later EFC (4, 5).
- Although two studies have examined the contributions of parent EFC to parenting and child EFC (6, 7), these studies used toddlers or older children.

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