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| **S1** Mindful Parenting Inventories for Parents (MPIP) And Children (MPIC) |
| **Item** | **MPIP** | **MPIC** | **Subscales** |
|  | **The following are a number of statements about you. We would like to know how you think you typically behave towards your child.****Read each item and tell us how true it is for you.** | **The following are a number of statements about your mother. We would like to know how you think your mother typically behaves towards you.****Read each item and tell us how true it is for your mother.** |  |
|  | I quickly become defensive when my child and I argue.\* | My mother quickly becomes defensive when we argue.\* |  SRP |
|  | I understand what my child is thinking, even when she/he does not tell me. | My mother understands what I am thinking, even when I do not tell her. |  AC |
|  | I accept that my child has opinions that are different from mine. | My mother accepts that I have opinions that are different from hers. |  ACC |
|  | I listen to my child with one ear because I am busy thinking about something else.\* | My mother listens to me with one ear because she is busy thinking about something else.\* |  BMC |
|  | My tone of voice is calm when I am giving my child a warning. | My mother’s tone of voice is calm when she is giving me a warning. |  SRP |
|  | I get carried away with my own feelings when my child and I argue.\* | My mother gets carried away with her own feelings when we argue.\* |  SRP |
|  | I am easily distracted when my child and I are doing things together.\* | My mother is easily distracted when we are doing things together.\* |  BMC |
|  | I get annoyed easily if my child interrupts me while I am doing something else.\* | My mother gets annoyed easily if I interrupt her while she is doing something else.\* |  SRP |
|  | I understand how my child feels just by looking at her/him. | My mother understands how I feel just by looking at me. |  AC |
|  | I accept my child exactly as she/he is. | My mother accepts me exactly as I am. |  ACC |
|  | I am patient with my child. | My mother is patient with me. |  SRP |
|  | I have difficulty calming down after my child and I have argued.\* | My mother has difficulty calming down after we have argued.\* |  SRP |
|  | I notice the changes in my child’s mood. | My mother notices the changes in my mood. |  AC |
|  | I listen to my child without judging or criticising her/him | My mother listens to me without judging or criticising me. |  ACC |
|  | I rush through activities with my child without really paying attention.\* | My mother rushes through activities with me without really paying attention.\* |  BMC |
|  | I understand why my child behaves the way she/he does. | My mother understands why I behave the way I do. |  ACC |
|  | My child needs to call out to me a few times to make me notice her/him even if we are in the same room.\* | I need to call out to my mother a few times to make her notice me even if we are in the same room.\* |  BMC |
|  | I am tolerant of my child’s imperfections. | My mother is tolerant of my imperfections. |  ACC |

*Note:* Response categories are Never true, Rarely true, Sometimes true, Often true, Always true. \**represents reverse coded items*

*SRP* = Self-Regulation in Parenting, *ACC* = Acceptance and Compassion towards Child, *BMC* = Being in the Moment with Child, *AC* = Awareness of Child

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| **S2** Correlations of the Subscales of Mindful Parenting Inventories for Parents (MPIP) and Children (MPIC) with Traditional Parenting, Maternal Dispositional Mindfulness and Psychological Distress, and Child Behaviours |
|  | *Mother reports* | *Child reports* |
|  | Positive | Inconsistent | Poor | FFMQ-SF | Internalising | Externalising | Prosocial | Depression | Anxiety | Stress | Positive | Inconsistent | Poor | Internalising | Externalising | Prosocial |
| MPIP-SRP | 0.17 | -0.45\*\*\* | -0.18\* | 0.45\*\*\* | -0.36\*\*\* | -0.50\*\*\* | 0.38\*\*\* | -0.34\*\*\* | -0.17\* | -0.43\*\*\* | 0.20 | -0.44\*\*\* | -0.10 | -0.34\*\*\* | -0.51\*\*\* | 0.42\*\*\* |
| MPIP-ACC | 0.32\*\*\* | -0.31\*\*\* | -0.13 | 0.42\*\*\* | -0.37\*\*\* | -0.44\*\*\* | 0.50\*\*\* | -0.23\*\* | -0.03 | -0.21\* | 0.27\*\* | -0.31\*\* | -0.09 | -0.34\*\*\* | -0.48\*\*\* | 0.42\*\*\* |
| MPIP-BMC | 0.37\*\*\* | -0.34\*\*\* | -0.29\*\*\* | 0.35\*\*\* | -0.42\*\*\* | -0.30\*\*\* | 0.26\*\* | -0.29\*\* | -0.21\* | -0.30\*\*\* | 0.12 | -0.24\* | -0.08 | -0.21\* | -0.32\*\*\* | 0.20 |
| MPIP-AC | 0.39\*\*\* | -0.28\*\* | -0.27\*\* | 0.28\*\* | -0.42\*\*\* | -0.33\*\*\* | 0.43\*\* | -0.25\*\* | -0.19\* | -0.27\*\* | 0.37\*\*\* | -0.36\*\*\* | -0.04 | -0.42\*\*\* | -0.39\*\*\* | 0.50\*\* |
| MPIC-SRP | 0.24\* | -0.26\* | -0.25\* | 0.37\*\*\* | -0.39\*\*\* | -0.40\*\*\* | 0.47\*\*\* | -0.30\*\* | -0.17 | -0.37\*\*\* | 0.52\*\*\* | -0.34\*\* | -0.22\* | -0.49\*\*\* | -0.58\*\*\* | 0.39\*\*\* |
| MPIC-ACC | 0.40\*\*\* | -0.30\*\* | -0.34\*\*\* | 0.28\*\* | -0.39\*\*\* | -0.41\*\*\* | 0.54\*\*\* | -0.19 | -0.14 | -0.18 | 0.70\*\*\* | -0.25\* | -0.28\*\* | -0.50\*\*\* | -0.55\*\*\* | 0.43\*\*\* |
| MPIC-BMC | 0.26\* | -0.27\*\* | -0.21\* | 0.33\*\* | -0.45\*\*\* | -0.33\*\* | 0.36\*\*\* | -0.22\* | -0.08 | -0.27\* | 0.48\*\*\* | -0.29\*\* | -0.19 | -0.46\*\*\* | -0.53\*\*\* | 0.39\*\*\* |
| MPIC-AC | 0.32\*\* | -0.15 | -0.23\* | 0.26\* | -0.29\*\* | -0.37\*\*\* | 0.51\*\* | -0.13 | -0.09 | -0.05 | 0.47\*\*\* | -0.12 | -0.14 | -0.35\*\*\* | -0.38\*\*\* | 0.41\*\* |
| *\*p <* 0*.*05*, \*\*p <* 0*.*01*, \*\*\*p <* 0.001. *SRP* = Self-Regulation in Parenting, *ACC* = Acceptance and Compassion towards Child, *BMC* = Being in the Moment with Child, *AC* = Awareness of Child, *Positive* = Positive Parenting, *Inconsistent* = Inconsistent Discipline, *Poor* = Poor Supervision, *FFMQ*-*SF* = Five Facet Mindfulness Questionnaire Short Form, *Internalising* = Internalising Behaviours ,  *Externalising* = Externalising Behaviours,  *Prosocial* = Prosocial Behaviours |

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| **S3** The Final Steps of the Hierarchical Regression Analyses Predicting Internalising, Externalising and Prosocial Behaviours from Mindful Parenting Reported by Mothers (MPIP) and Children (MPIC), Maternal Dispositional Mindfulness, Traditional Parenting and Sociodemographic Correlates |
|  |  | *Mother-reported child behaviours* |  | *Child self-reported behaviours* |
|  |  | MPIP Models |  | MPIC Models |  | MPIP Models |  | MPIC Models |
| *DVs* |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |
|  |  | *β* | *β* | *β* |  | *β* | *β* | *β* |  | *β* | *β* | *β* |  | *β* | *β* | *β* |
| *IVs* |  | *n =* 127 | *n =* 128 | *n =* 128 |  | *n =* 90 | *n =* 90 | *n =* 90 |  | *n =* 90 | *n =* 90 | *n =* 89 |  | *n =* 90 | *n =* 90 | *n =* 89 |
|  Child sex |  | - | - | - |  | - | - | - |  | - | - | -0.28\*\* |  | - | - | -0.30\*\* |
|  Child age |  | - | - | - |  | -0.22\* | - | - |  | - | - | - |  | - | - | - |
|  Mother age |  | -0.06 | - | - |  | -0.12 | - | - |  | - | - | - |  | - | - | - |
|  SES |  | -0.12 | - | - |  | -0.12 | - | - |  | -0.21\* | - | - |  | -0.15 | - | - |
|  FFMQ-SF |  | -0.21\* | -0.02 | 0.05 |  | -0.24\* | -0.17 | 0.12 |  | -0.00 | -0.02 | -0.13 |  | -0.01 | -0.10 | -0.01 |
|  Positive |  | -0.04 | 0.05 | 0.13 |  | -0.01 | -0.05 | 0.24\* |  | -0.02 | -0.05 | 0.06 |  | -0.09 | -0.12 | -0.09 |
|  Inconsistent |  | 0.09 | 0.27\*\* | -0.08 |  | 0.16 | 0.24\* | -0.10 |  | 0.07 | 0.14 | -0.04 |  | 0.24\*\* | 0.29\*\*\* | -0.12 |
|  Poor |  | 0.09 | 0.17\* | -0.05 |  | 0.19 | 0.09 | -0.14 |  | -0.06 | 0.09 | -0.06 |  | -0.09 | 0.04 | -0.04 |
|  MPIP/MIPC |  | -0.36\*\*\* | -0.36\*\*\* | 0.37\*\*\* |  | -0.28\* | -0.27*t* | 0.30\* |  | -0.39\*\* | -0.43\*\*\* | 0.52\*\*\* |  | -0.43\*\* | -0.41\*\*\* | 0.50\*\*\* |
|  *R2* |  | 0.37\*\*\* | 0.38\*\*\* | 0.28\*\*\* |  | 0.43\*\*\* | 0.30\*\*\* | 0.38\*\*\* |  | 0.22\*\* | 0.34\*\*\* | 0.34\*\*\* |  | 0.40\*\*\* | 0.50\*\*\* | 0.34\*\*\* |
|  *ΔR2* |  | 0.08\*\*\* | 0.08\*\*\* | 0.08\*\*\* |  | 0.03\* | 0.03*t* | 0.04\* |  | 0.09\*\* | 0.11\*\*\* | 0.16\*\*\* |  | 0.08\*\* | 0.07\*\*\* | 0.10\*\*\* |
|  *tp <* 0*.*10*, \*p <* 0*.*05*, \*\*p <* 0*.*01*, \*\*\*p <* 0*.*001. *SES* = Socioeconomic Status, *FFMQ-SF* = Five Facet Mindfulness Questionnaire Short Form (Mother report only), *Positive* = Positive Parenting, *Inconsistent* = Inconsistent Discipline, *Poor* = Poor Supervision. *Parent-reported Traditional Parenting measures were used in MPIP models, while child-reported Traditional Parenting measures were used in MPIC models. ΔR2 Reflects R2 change with the final step addition of MPIP/MPIC.* |

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| **S4** The Final Steps of the Hierarchical Regression Analyses using non-transformed Poor Supervision |
|  |  | *Mother-reported child behaviours* |  | *Child self-reported behaviours* |
|  |  | MPIP Models |  | MPIC Models |  | MPIP Models |  | MPIC Models |
| *DVs* |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |  | Internalising | Externalising | Prosocial |
|  |  | *β* | *β* | *β* |  | *β* | *β* | *β* |  | *β* | *β* | *β* |  | *β* | *β* | *β* |
| *IVs* |  | *n =* 127 | *n =* 128 | *n =* 128 |  | *n =* 90 | *n =* 90 | *n =* 90 |  | *n =* 90 | *n =* 90 | *n =* 89 |  | *n =* 90 | *n =* 90 | *n =* 89 |
|  Child sex |  | - | - | - |  | - | - | - |  | - | - | -0.28\*\* |  | - | - | -0.30\*\* |
|  Child age |  | - | - | - |  | -0.21\* | - | - |  | - | - | - |  | - | - | - |
|  Mother age |  | -0.06 | - | - |  | -0.11 | - | - |  | - | - | - |  | - | - | - |
|  SES |  | -0.13 | - | - |  | -0.12 | - | - |  | -0.20\* | - | - |  | -0.14 | - | - |
|  FFMQ-SF |  | -0.21\* | -0.03 | 0.05 |  | -0.23\* | -0.17 | 0.12 |  | -0.00 | -0.03 | -0.13 |  | -0.01 | -0.10 | -0.00 |
|  Positive |  | -0.04 | 0.06 | 0.12 |  | -0.00 | -0.04 | 0.23\* |  | -0.01 | -0.05 | 0.05 |  | -0.09 | -0.12 | -0.09 |
|  Inconsistent |  | 0.09 | 0.27\*\* | -0.08 |  | 0.17 | 0.23\* | -0.10 |  | 0.07 | 0.14 | -0.04 |  | 0.25\*\* | 0.30\*\*\* | -0.13 |
|  Poor |  | 0.10 | 0.18\* | -0.07 |  | 0.16 | 0.10 | -0.15 |  | -0.08 | 0.09 | -0.07 |  | -0.13 | 0.03 | -0.00 |
|  MPIP/MIPC |  | -0.36\*\*\* | -0.36\*\*\* | 0.37\*\*\* |  | -0.30\* | -0.27*t* | 0.30\* |  | -0.39\*\* | -0.43\*\*\* | 0.52\*\*\* |  | -0.44\*\*\* | -0.42\*\*\* | 0.52\*\*\* |
|  *R2* |  | 0.37\*\*\* | 0.38\*\*\* | 0.29\*\*\* |  | 0.42\*\*\* | 0.30\*\*\* | 0.39\*\*\* |  | 0.22\*\* | 0.34\*\*\* | 0.34\*\*\* |  | 0.41\*\*\* | 0.50\*\*\* | 0.34\*\*\* |
|  *ΔR2* |  | 0.08\*\*\* | 0.08\*\*\* | 0.08\*\*\* |  | 0.04\* | 0.03*t* | 0.04\* |  | 0.09\*\* | 0.11\*\*\* | 0.16\*\*\* |  | 0.08\*\*\* | 0.08\*\*\* | 0.11\*\*\* |
|  *tp <* 0.10*, \*p <* 0*.*05*, \*\*p <* 0*.*01*, \*\*\*p <* 0.001. *SES* = Socioeconomic Status, *FFMQ-SF* = Five Facet Mindfulness Questionnaire Short Form (Mother report only), *Positive* = Positive Parenting, *Inconsistent* = Inconsistent Discipline, *Poor* = Poor Supervision. *Parent-reported Traditional Parenting measures were used in MPIP models, while child-reported Traditional Parenting measures were used in MPIC models. ΔR2 Reflects R2 change with the final step addition of MPIP/MPIC.* |