

Grady, J. S. (2019). Parental gentle encouragement promotes shy toddlers' regulation in social contexts. *Journal of Experimental Child Psychology*, 186, 83–98.
<https://doi-org.ccny-proxy1.libr.ccny.cuny.edu/10.1016/j.jecp.2019.05.008>

This study used a sample of 55 temperamentally shy toddlers (21–24 months old) to examine toddler regulation in novel social contexts in relation to parental gentle encouragement to engage. Parents were randomly assigned to provide behaviors thought to represent gentle encouragement: warm responsiveness to toddler fear and encouragement of toddler autonomy, prompt to engage, both warmth and prompt, or remaining uninvolved (no-encouragement control). This study found that toddlers whose parents were instructed to provide warmth showed less fear and more engagement in moderately threatening social contexts, and toddlers whose parents were instructed to provide both warmth and prompts showed greater suppression of respiratory sinus arrhythmia in low-threat social contexts.

- Useful because it includes a younger age group
- Study of children with similar behavioral habits, leading to more reliable results
- Parents were randomly assigned which eliminates bias
- Talks about the benefits of gentle parenting

Goering, M., & Mrug, S. (2021). Empathy as a Mediator of the Relationship between Authoritative Parenting and Delinquent Behavior in Adolescence. *Journal of Youth & Adolescence*, 50(7), 1308–1318.
<https://doi-org.ccny-proxy1.libr.ccny.cuny.edu/10.1007/s10964-021-01445-9>

This three-wave longitudinal study utilized 704 adolescents (52% males; 76% African American) and investigated empathy at age 13 as a mediator of the prospective association between authoritative parenting (child's disclosure and parental nurturance) at age 11 with delinquency at age 18. The results of a structural equation model revealed a significant indirect effect of authoritative parenting on delinquency through empathy. Authoritative parenting at age 11 predicted increased empathy at age 13, which then predicted decreased delinquency at age 18. These findings suggest that authoritative parenting reduces adolescents' delinquency by promoting empathy.

- Useful because it utilizes a wider age group (11-18)
- Study includes 704 participants (increased sample size = more accurate results)
- Included equal participants based on gender and a large minority population
- Talks about the benefits of authoritative parenting