Emotion Regulation and Parenting

Emotion Regulation and Parenting provides a state-of-the-art account of research conducted on emotion regulation in parenting. After describing the conceptual foundations of parenthood and emotion regulation, the book reviews the influence of parents' emotion regulation on parenting, how and to what extent emotion regulation influences child development, and cross-cultural perspectives on emotion regulation and highlights current and future directions. Drawing on contributions from renowned experts from all over the world, chapters cover the most important topics at the intersection of parenting and emotion regulation. Essentials are explored, as well as current, topical, and controversial issues, pointing both to what is known and what requires further research. This title is part of the Flip it Open Programme and may also be available Open Access. Check our website Cambridge Core for details.

ISABELLE ROSKAM is a professor of developmental, parenting and gender psychology, Université catholique de Louvain, Belgium. She is the author of more than 100 peer-reviewed books and book chapters on child behavior and emotions, parenting, and parental burnout and is associate editor of family and child psychology journals. She is co-leader of the International Investigation on Parental Burnout.

JAMES J. GROSS is the Ernest R. Hilgard Professor of Psychology at Stanford University, USA, where he directs the Stanford Psychophysiology Laboratory. His research focuses on emotion regulation, and he has over 600 publications, which have been cited over 200,000 times.

MOÏRA MIKOLAJCZAK is a professor of emotion and medical psychology at Université catholique de Louvain, Belgium. She is a leading figure in the field of parental burnout and the author of more than 150 scientific publications and of several acclaimed books. Her research is regularly featured in the media.

Downloaded from https://www.cambridge.org/core. UNIVERSIDAD AUTONOMA METROPOLITANA, on 16 Nov 2026 at 09:45:22, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/9781009304368

STUDIES IN EMOTION AND SOCIAL INTERACTION

Series Editors

Brian Parkinson
University of Oxford

Maya Tamir
The Hebrew University of Jerusalem

Daniel Dukes
University of Fribourg

Titles published in the Second Series:

The Psychology of Facial Expression, edited by James A. Russell and José Miguel Fernández-Dols

Emotions, the Social Bond, and Human Reality: Part/Whole Analysis, by Thomas J. Scheff

Intersubjective Communication and Emotion in Early Ontogeny, edited by Stein Bråten

The Social Context of Nonverbal Behavior, edited by Pierre Philippot, Robert S. Feldman, and Erik J. Coats

Communicating Emotion: Social, Moral, and Cultural Processes, by Sally Planalp

Emotions across Languages and Cultures: Diversity and Universals, by Anna Wierzbicka

Feeling and Thinking: The Role of Affect in Social Cognition, edited by Joseph P. Forgas

Metaphor and Emotion: Language, Culture, and Body in Human Feeling, by Zoltán Kövecses

Gender and Emotion: Social Psychological Perspectives, edited by Agneta H. Fischer

Causes and Consequences of Feelings, by Leonard Berkowitz

Emotions and Beliefs: How Feelings Influence Thoughts, edited by Nico H. Frijda, Antony S. R. Manstead, and Sacha Bem

Identity and Emotion: Development through Self-Organization, edited by Harke A. Bosma and E. Saskia Kunnen

(Continued after Index)

Downloaded from https://www.cambridge.org/core. UNIVERSIDAD AUTONOMA METROPOLITANA, on 16 Nov 2026 at 09:45:22, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/9781009304368

Emotion Regulation and Parenting

Edited by

Isabelle Roskam

Université catholique de Louvain, Belgium

James J. Gross

Stanford University

Moïra Mikolajczak

Université catholique de Louvain, Belgium

CAMBRIDGE UNIVERSITY PRESS

Downloaded from https://www.cambridge.org/core. UNIVERSIDAD AUTONOMA METROPOLITANA, on 16 Nov 2026 at 09:45:22, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/9781009304368

CAMBRIDGE
UNIVERSITY PRESS

Shaftesbury Road, Cambridge CB2 8EA, United Kingdom

One Liberty Plaza, 20th Floor, New York, NY 10006, USA

477 Williamstown Road, Port Melbourne, VIC 3207, Australia

314–321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre,
New Delhi – 110025, India

103 Penang Road, #05-06/07, Visioncrest Commercial, Singapore 238467

Cambridge University Press is part of Cambridge University Press & Assessment, a department of the University of Cambridge.

We share the University's mission to contribute to society through the pursuit of education, learning and research at the highest international levels of excellence.

www.cambridge.org
Information on this title: www.cambridge.org/9781009304375

DOI: 10.1017/9781009304368

© Cambridge University Press & Assessment 2024

This work is in copyright. It is subject to statutory exceptions and to the provisions of relevant licensing agreements; with the exception of the Creative Commons version the link for which is provided below, no reproduction of any part of this work may take place without the written permission of Cambridge University Press.

An online version of this work is published at doi.org/10.1017/9781009304368 under a Creative Commons Open Access license CC-BY-NC 4.0 which permits re-use, distribution and reproduction in any medium for non-commercial purposes providing appropriate credit to the original work is given. You may not distribute derivative works without permission. To view a copy of this license, visit https://creativecommons.org/licenses/by-nc/4.0/

All versions of this work may contain content reproduced under license from third parties. Permission to reproduce this third-party content must be obtained from these third-parties directly.

When citing this work, please include a reference to the DOI 10.1017/9781009304368

First published 2024

A catalogue record for this publication is available from the British Library.

A Cataloging-in-Publication data record for this book is available from the Library of Congress

ISBN 978-1-009-30437-5 Hardback
ISBN 978-1-009-30435-1 Paperback

Cambridge University Press & Assessment has no responsibility for the persistence or accuracy of URLs for external or third-party internet websites referred to in this publication and does not guarantee that any content on such websites is, or will remain, accurate or appropriate.

Downloaded from https://www.cambridge.org/core. UNIVERSIDAD AUTONOMA METROPOLITANA, on 16 Nov 2026 at 09:45:22, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/9781009304368