

Supplementary Materials A

Pre-registration: For peer-review <https://aspredicted.org/blind.php?x=pk2t35> (pre-registration link will be made public if the manuscript is accepted for publication)

Transparent changes:

- 1) Description of change: *The follow-up questionnaires were dropped so that data was only collected at one time point rather than two.*
 - a. Rationale: *Recruitment at time point two was discontinued due to a very poor response rate. Analyses were therefore conducted on the data from time one only.*
 - b. Effect of change on study results: *No impact on the time one results.*
- 2) Description of change: *The mindful parenting measure was dropped from the study.*
 - a. Rationale: *The reliability of the measure was too low to draw meaningful conclusions (total $\alpha = .59$, and subscales ranged from $\alpha = .19$ to $\alpha = .39$).*

Effect of change on study results: *No change on the results presented in the paper. But we were unable to explore the relationships between mindful parenting and the parent and child wellbeing variables*