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