



THE EFFECT OF PARENTAL REMINISCING STYLE ON PRESCHOOLERS' WELL-BEING



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1 BACKGROUND

Parental reminiscing (i.e., conversations about past events) is a universal practice, with variations in the dimension of elaboration that imply differences in the structure of interactions and the content addressed^{[1][2]}.

Studies have shown a relation between elaborative parental reminiscing style and **less negative emotional internalized and externalized symptoms** in children^{[4][5]}. These observations suggest a positive effect of parental reminiscing on children's well-being.

➤ The **specific components** of parental reminiscing that might better contribute to children's well-being remain however unexplored in preschoolers.

2 AIMS OF THIS STUDY

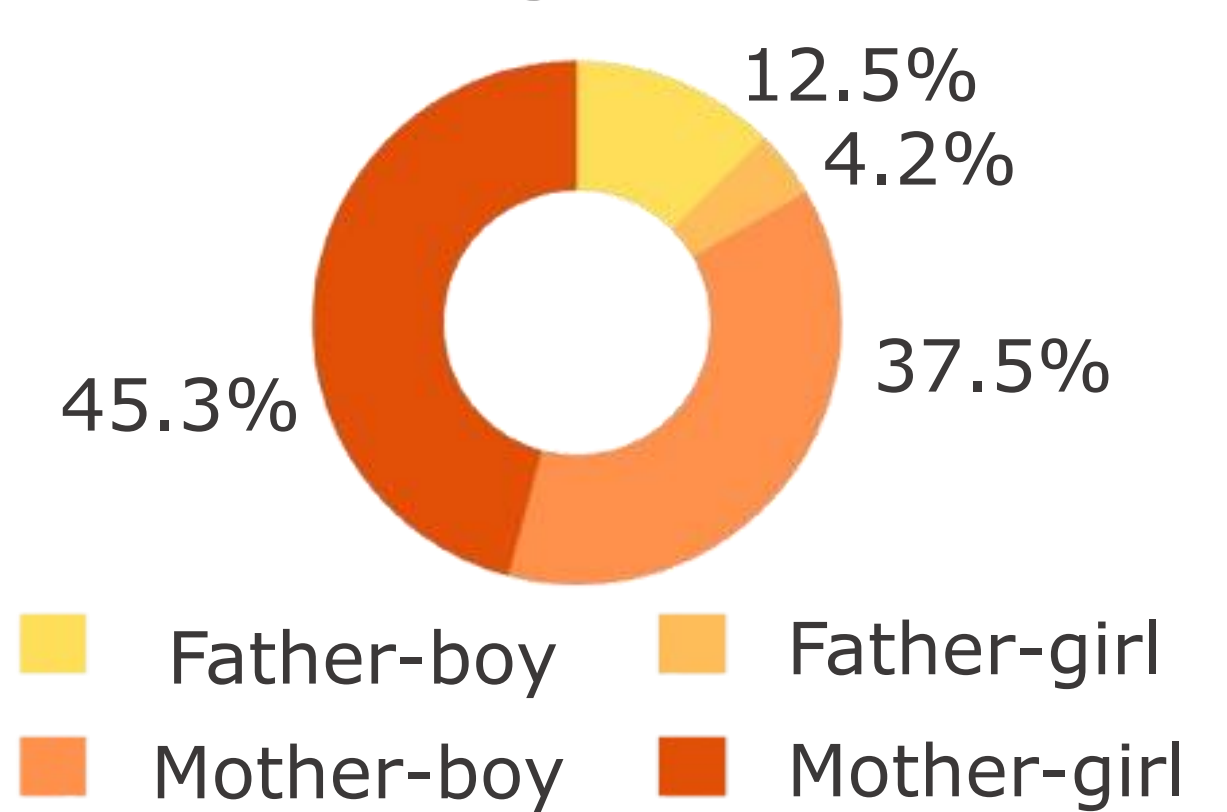
➤ Explore the effects of the specific components of parental reminiscing in terms of **structure and of content** on **preschoolers' well-being** on a long term basis.

3 PARTICIPANTS

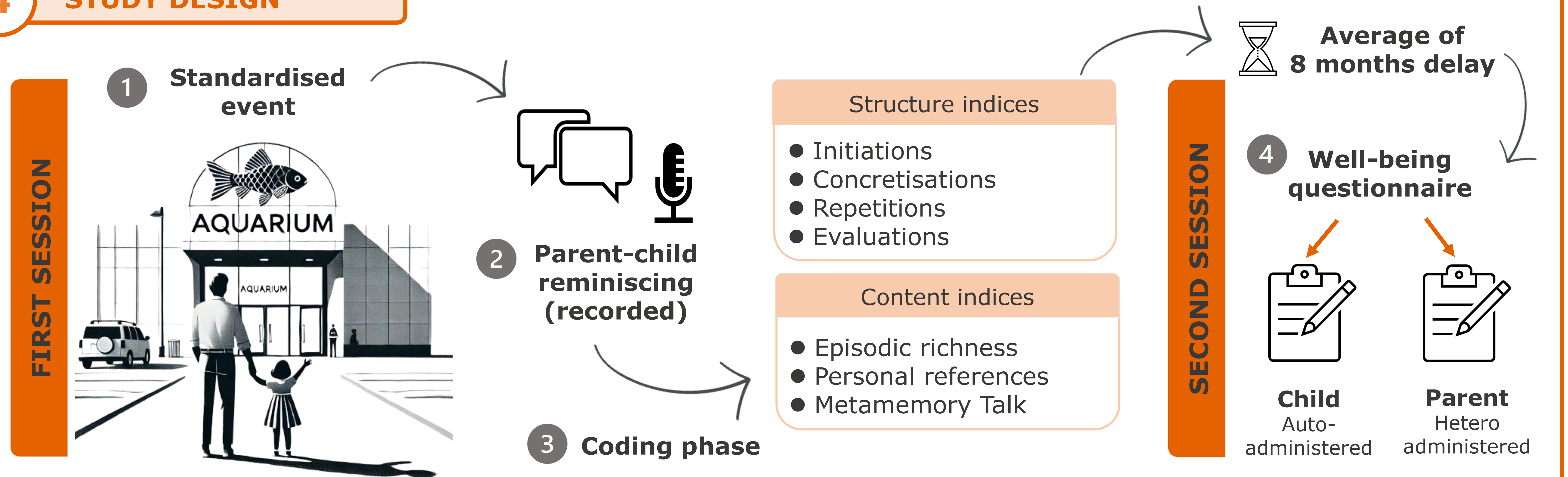
N=24 parent-child dyads with children aged 3 to 6



M=4 years 11 months
SD=11.27 months



4 STUDY DESIGN



5 RESULTS

Analysis showed a **significant effect of the structure** of parental reminiscing on **self-reported well-being** in children. No significant effect of the content of parental reminiscing was found.

GLMM best fit model (AIC = 471.01) included **concretisations and repetitions**.

- Parent's concretisations were **positively linked** to children's well-being, $b=0.029$, $SE=0.012$, $z=2.43$, $p=0.015$ (Fig.1).
- Parent's repetitions were **negatively linked** to children's well-being; $b=-0.063$, $SE=0.028$, $z=-2.21$, $p=0.027$ (Fig.2).

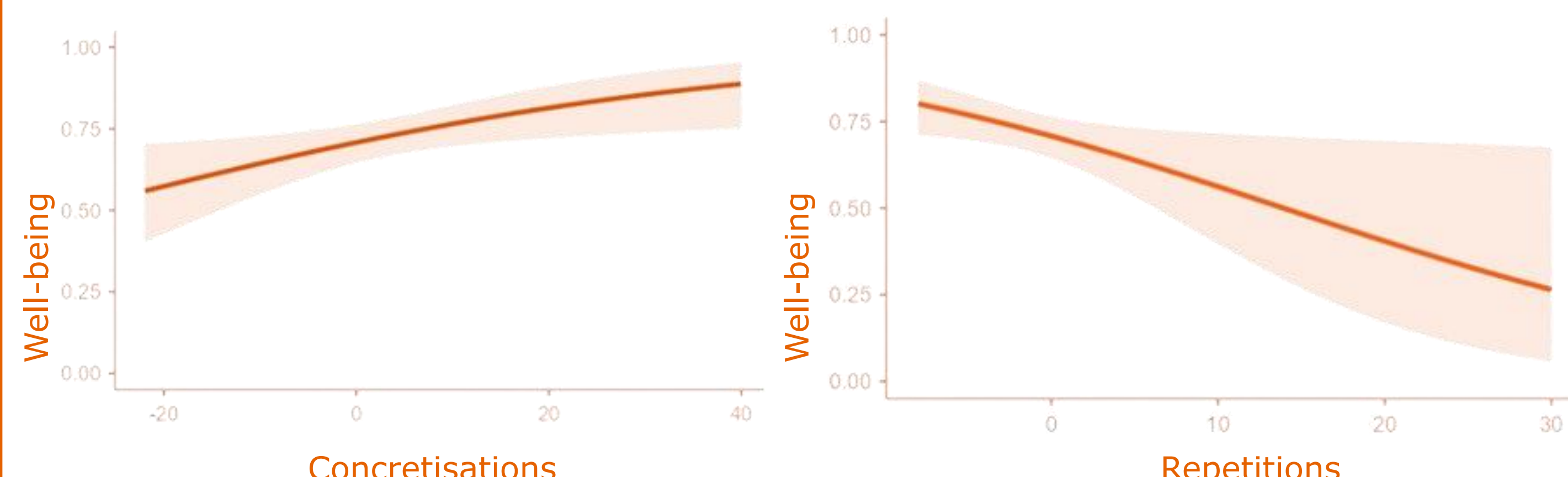


Fig. 1 Effect of concretisations on well-being

Fig. 2 Effect of répétitions on well-being

6 CONCLUSIONS AND PERSPECTIVES

Parental reminiscing indices

➤ The results suggest that when discussing a shared past event, getting children to actively participate and engage in the conversation has a positive effect on children's well-being in the long term (8 months on average). Here, the way in which information is conveyed seems to outweigh the content of the information shared by parents.

Structure components in reminiscing and well-being

- More specifically, results highlight the beneficial effect of letting children lead the conversation and deepening the information conveyed on children's well-being in the long term,
- while repeating the same information twice or more seems to have the opposite effect.

These findings could motivate the development of parental guidance programs focused on the identified beneficial parental reminiscing structure, with the aim of enhancing children's well-being during early childhood.

References

- [1] Fivush, R. (2019). *Family narratives and the development of an autobiographical self: Social and cultural perspectives on autobiographical memory*. Routledge/Taylor & Francis Group. [2] Léonard, C., Blaese, S., Geurten, M., & Willems, S. (2023). Preschoolers' memory recall of new information: Relation to parental reminiscing. *Memory*. Advance online publication. [3] McLean, K. C., Syed, M., Pasupathi, M., Adler, J. M., Dunlop, W. L., Drustrup, D., Fivush, R., Graci, M. E., Lilgendahl, J. P., Lodi-Smith, J., McAdams, D. P., & McCoy, T. P. (2020). The empirical structure of narrative identity: The initial Big Three. *Journal of personality and social psychology*, 119(4), 920-944. [4] Koh, J. B. K., & Wang, Q. (2021). Mother-Child Reminiscing About Emotionally Negative Events and Children's Long-Term Mental Health. *Frontiers in psychology*, 12, 632799.

Illustrations

Illustrations generated by the ChatGPT artificial intelligence, developed by OpenAI, as well as from free resources on PowerPoint and Canva.