

Mindfulness-Based Infant Parenting: A Feasibility Study of the Integrative Mindfulness-Based Infant Parenting Program

Online Supplementary Materials

Mindfulness

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Table S1 Coding Instructions for Parental Focused Attention (FA)

Table S1 <i>Coding Instructions for Parental Focused Attention (FA)</i>	
Criterion	Description
1	Caregiver's gaze is oriented toward the infant or aligned with the infant's gaze.
2	Gaze is stable and concentrated on the infant.
3	Facial affect is positive or neutral, with contingent micro-expressions or slight head movements that track the infant's actions. Overtly negative affect (<i>e.g.</i> , sad, angry) is not coded as FA unless it is clearly playful or mirrors the infant's own aversive experience.
4	Alert facial tone: eyes open, brows relaxed; absence of clear fatigue (<i>e.g.</i> , yawning, drooping eyelids) or tension/anxiety cues (<i>e.g.</i> , lip biting, rigid jaw) unless contextually appropriate to the play.
5	Minimization of extraneous body movement—no fidgeting with hair, body, clothing, or surrounding objects; movements are smooth and related to the shared activity.
6	Little or no speech, or soft, playful, or complementary speech that directly references the infant's behavior, sounds, or movements. Directive / instructional talk (<i>e.g.</i> , "Put it here", "Look at this") is not coded as FA.
7	Posture oriented toward and enclosing the infant: leaning in, sitting close, subtle shifts to maintain proximity; hands or arms may provide gentle support while face remains infant-oriented.
8	Criterion 1 is mandatory for scoring FA. When one or more of Criteria 2–7 are unclear or only partially met, coders should weigh the remaining observable signals holistically. In such cases, they may use the guiding question—"If I were the infant right now, would I feel that my caregiver is paying attention to or interested in me?"—to inform final verdict.
<i>Note.</i> Criterion 1 was the criterion for coding parental looking behavior.	

Table S2 Pre-Post Change Patterns by Cohort

Table S2 <i>Pre-Post Change Patterns by Cohort</i>						
Outcome	Full-term			Preterm		
	Pre <i>M</i> (<i>SD</i>) [<i>n</i>]	Post <i>M</i> (<i>SD</i>) [<i>n</i>]	<i>M</i> _{change} [95% CI] [Paired <i>n</i>]	Pre <i>M</i> (<i>SD</i>) [<i>n</i>]	Post <i>M</i> (<i>SD</i>) [<i>n</i>]	<i>M</i> _{change} [95% CI] [Paired <i>n</i>]
Behavioral indices						
Parental FA (free play)	0.39 (0.12) [13]	0.48 (0.15) [13]	0.08 [0.02, 0.15] [13]	0.28 (0.12) [11]	0.38 (0.15) [11]	0.09 [0.03, 0.16] [11]
Parental FA (semi-structured play)	0.52 (0.18) [12]	0.69 (0.17) [12]	0.17 [0.06, 0.28] [12]	0.51 (0.19) [11]	0.66 (0.11) [11]	0.15 [0.05, 0.26] [11]
Parental looking	0.88 (0.08) [13]	0.89 (0.07) [13]	0.01 [-0.04, 0.06] [13]	0.80 (0.14) [11]	0.84 (0.10) [11]	0.04 [0.00, 0.08] [11]
Child FA	0.22 (0.15) [12]	0.43 (0.17) [12]	0.21 [0.12, 0.29] [12]	0.16 (0.11) [11]	0.30 (0.15) [11]	0.14 [0.06, 0.22] [11]
Self-report mindful parenting (IMP-I)						
Overall	108.6 (6.3) [16]	119.3 (7.5) [16]	10.7 [6.09, 15.4] [16]	109.4 (16.5) [16]	114.6 (11.6) [16]	5.19 [-0.49, 10.9] [16]
Acceptance of parental functioning	16.1 (3.3) [16]	20.3 (3.8) [16]	4.25 [2.59, 5.91] [16]	17.7 (5.4) [16]	19.9 (5.3) [16]	2.25 [0.50, 4.00] [16]
Emotional non-reactivity	17.6 (2.1) [16]	19.1 (2.7) [16]	1.50 [0.25, 2.75] [16]	17.9 (3.2) [16]	18.2 (2.4) [16]	0.31 [-0.83, 1.46] [16]
Listening with full attention	15.7 (2.6) [16]	17.3 (2.0) [16]	1.62 [0.49, 2.76] [16]	17.1 (3.7) [16]	17.5 (2.3) [16]	0.44 [-0.71, 1.59] [16]
Awareness of Self	13.8 (1.8) [16]	15.4 (1.4) [16]	1.62 [0.66, 2.60] [16]	13.4 (3.2) [16]	14.6 (1.8) [16]	1.12 [-0.65, 2.90] [16]
Awareness of the child	11.4 (1.5) [16]	12.1 (1.4) [16]	0.69 [0.05, 1.32] [16]	10.8 (1.7) [16]	11.5 (1.6) [16]	0.69 [-0.11, 1.48] [16]
Compassion for the child	26.0 (2.3) [16]	26.4 (1.6) [16]	0.38 [-0.45, 1.20] [16]	24.8 (3.6) [16]	25.2 (2.5) [16]	0.44 [-1.18, 2.05] [16]
Parenting confidence						
Parenting Confidence Scale (PCS)	28.5 (2.3) [15]	30.7 (2.5) [16]	2.20 [0.79, 3.61] [15]	27.5 (3.5) [13]	28.9 (3.3) [14]	1.46 [-0.51, 3.43] [13]
MCQ: Knowledge	25.5 (2.0) [16]	25.5 (1.2) [16]	0.00 [-0.85, 0.85] [16]	24.6 (2.5) [13]	24.7 (2.8) [12]	0.00 [-1.24, 1.24] [12]
MCQ: Tasks	14.2 (1.2) [16]	14.7 (0.6) [16]	0.44 [0.05, 0.83] [16]	14.5 (1.0) [13]	14.6 (1.2) [12]	0.00 [-0.38, 0.38] [12]
MCQ: Feelings	19.6 (2.0) [16]	20.9 (1.5) [16]	1.31 [-0.15, 2.78] [16]	18.8 (2.3) [13]	19.0 (2.3) [12]	0.17 [-1.10, 1.43] [12]
Parental distress						
BDI-II	6.81 (4.3) [16]	4.50 (3.7) [16]	-2.31 [-4.71, 0.08] [16]	7.14 (5.9) [14]	7.43 (4.1) [14]	0.29 [-1.73, 2.30] [14]
PSI-SF: Total	76.5 (11.5) [15]	70.8 (14.8) [16]	-5.60 [-11.6, 0.38] [15]	78.4 (16.3) [14]	80.7 (13.7) [15]	2.00 [-2.49, 6.49] [14]
PSI-SF: Parental distress	32.1 (7.1) [15]	28.3 (7.3) [16]	-3.93 [-7.01, -0.85] [15]	33.0 (7.3) [14]	33.9 (6.3) [15]	0.57 [-1.79, 2.93] [14]
PSI-SF: Difficult child	25.2 (8.7) [15]	25.3 (8.8) [16]	0.33 [-1.70, 2.37] [15]	25.2 (8.4) [14]	26.3 (7.3) [15]	1.29 [-0.78, 3.35] [14]
PSI-SF: Dysfunctional interaction	19.2 (3.9) [15]	17.2 (4.1) [16]	-2.00 [-4.63, 0.63] [15]	20.2 (5.1) [14]	20.5 (5.3) [15]	0.14 [-1.41, 1.69] [14]
Parent-infant autonomic synchrony						
Peak synchrony (max correlation)	0.06 (0.11) [4]	0.22 (0.15) [6]	0.21 [-0.14, 0.55] [4]	0.10 (0.09) [8]	0.24 (0.14) [6]	0.18 [-0.01, 0.37] [5]
Concurrent synchrony (lag-0)	-0.05 (0.10) [4]	0.14 (0.17) [6]	0.23 [-0.23, 0.69] [4]	0.02 (0.13) [8]	0.18 (0.13) [6]	0.22 [0.03, 0.42] [5]

Note. Pre and Post observations (*n*) refer to the number of participants or dyads with available data at each timepoint. Pre and Post means and standard deviations (*SDs*) are computed on the available-case sample at each timepoint. Paired *n* refers to the number of participants or dyads with data at both timepoints. Mean change values and 95% confidence intervals (*t*-distribution-based) are computed within-person on the paired sample. BDI-II = Beck Depression Inventory-II; FA = focused attention; IMP-I = Interpersonal Mindfulness in Parenting-Infant Version; MCQ = Maternal Confidence Questionnaire; PSI-SF = Parenting Stress Index-Short Form.

Table S3 Session-by-Session Attendance Rates Among IMIP Completers

Table S3			
<i>Session-by-Session Attendance Rates Among IMIP Completers</i>			
Session	Overall (N = 32)	Full-term (n = 16)	Preterm (n = 16)
I	96.9% [84.3%, 99.4%]	100% [80.6%, 100%]	93.8% [71.7%, 98.9%]
II	100% [89.3%, 100%]	100% [80.6%, 100%]	100% [80.6%, 100%]
III	87.5% [71.9%, 95.0%]	81.2% [57.0%, 93.4%]	93.8% [71.7%, 98.9%]
IV	81.2% [64.7%, 91.1%]	75.0% [50.5%, 89.8%]	87.5% [64.0%, 96.5%]
V	81.2% [64.7%, 91.1%]	87.5% [64.0%, 96.5%]	75.0% [50.5%, 89.8%]
VI	87.5% [71.9%, 95.0%]	81.2% [57.0%, 93.4%]	93.8% [71.7%, 98.9%]
VII	71.9% [54.6%, 84.4%]	75.0% [50.5%, 89.8%]	68.8% [44.4%, 85.8%]
VIII	100% [89.3%, 100%]	100% [80.6%, 100%]	100% [80.6%, 100%]
<i>Note.</i> Values are attendance rates with Wilson 95% confidence intervals in brackets. IMIP = Integrative Mindfulness-Based Infant Parenting Program.			

Table S4 Per-Measure Completion Rates

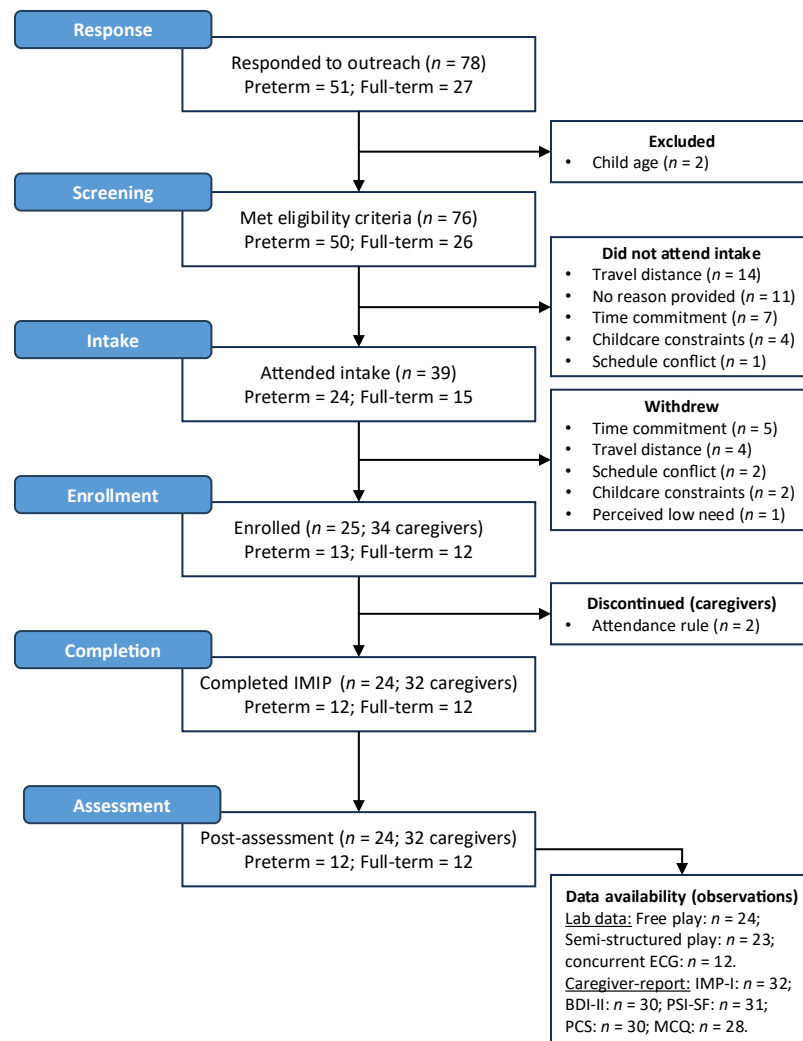
Measure	Overall (N = 32 / 26 dyads)			Full-term (n = 16 / 13 dyads)			Preterm (n = 16 / 13 dyads)		
	Pre	Post	Paired	Pre	Post	Paired	Pre	Post	Paired
IMP-I	100%	100%	100%	100%	100%	100%	100%	100%	100%
	[89.3, 100]	[89.3, 100]	[89.3, 100]	[80.6, 100]	[80.6, 100]	[80.6, 100]	[80.6, 100]	[80.6, 100]	[80.6, 100]
BDI-II	93.8%	93.8%	93.8%	100%	100%	100%	87.5%	87.5%	87.5%
	[79.9, 98.3]	[79.9, 98.3]	[79.9, 98.3]	[80.6, 100]	[80.6, 100]	[80.6, 100]	[64.0, 96.5]	[64.0, 96.5]	[64.0, 96.5]
PSI-SF	90.6%	96.9%	90.6%	93.8%	100%	93.8%	87.5%	93.8%	87.5%
	[75.8, 96.8]	[84.3, 99.4]	[75.8, 96.8]	[71.7, 98.9]	[80.6, 100]	[71.7, 98.9]	[64.0, 96.5]	[71.7, 98.9]	[64.0, 96.5]
PCS	87.5%	93.8%	87.5%	93.8%	100%	93.8%	81.2%	87.5%	81.2%
	[71.9, 95.0]	[79.9, 98.3]	[71.9, 95.0]	[71.7, 98.9]	[80.6, 100]	[71.7, 98.9]	[57.0, 93.4]	[64.0, 96.5]	[57.0, 93.4]
MCQ	90.6%	87.5%	87.5%	100%	100%	100%	81.2%	75.0%	75.0%
	[75.8, 96.8]	[71.9, 95.0]	[71.9, 95.0]	[80.6, 100]	[80.6, 100]	[80.6, 100]	[57.0, 93.4]	[50.5, 89.8]	[50.5, 89.8]
Free Play	92.3%	92.3%	92.3%	100%	100%	100%	84.6%	84.6%	84.6%
	[75.9, 97.9]	[75.9, 97.9]	[75.9, 97.9]	[77.2, 100]	[77.2, 100]	[77.2, 100]	[57.8, 95.7]	[57.8, 95.7]	[57.8, 95.7]
Semi-Struc. Play	88.5%	88.5%	88.5%	92.3%	92.3%	92.3%	84.6%	84.6%	84.6%
	[71.0, 96.0]	[71.0, 96.0]	[71.0, 96.0]	[66.7, 98.6]	[66.7, 98.6]	[66.7, 98.6]	[57.8, 95.7]	[57.8, 95.7]	[57.8, 95.7]
ECG	46.2%	46.2%	34.6%	30.8%	46.2%	30.8%	61.5%	46.2%	38.5%
	[28.8, 64.5]	[28.8, 64.5]	[19.4, 53.8]	[12.7, 57.6]	[23.2, 70.9]	[12.7, 57.6]	[35.5, 82.3]	[23.2, 70.9]	[17.7, 64.5]

Note. Values are completion rates (%) with Wilson 95% confidence intervals in brackets. Self-report denominators are caregivers (overall N = 32; full-term n = 16; preterm n = 16). Behavioral and ECG denominators are dyads (overall N = 26; full-term n = 13; preterm n = 13), reflecting that behavioral and physiological assessment was conducted at the dyad level. "Paired" denotes the proportion of caregivers/dyads with usable data at both timepoints. BDI-II = Beck Depression Inventory-II; IMP-I = Interpersonal Mindfulness in Parenting Scale-Infant Version; MCQ = Maternal Confidence Questionnaire; PCS = Parenting Confidence Scale; PSI-SF = Parenting Stress Index-Short Form.

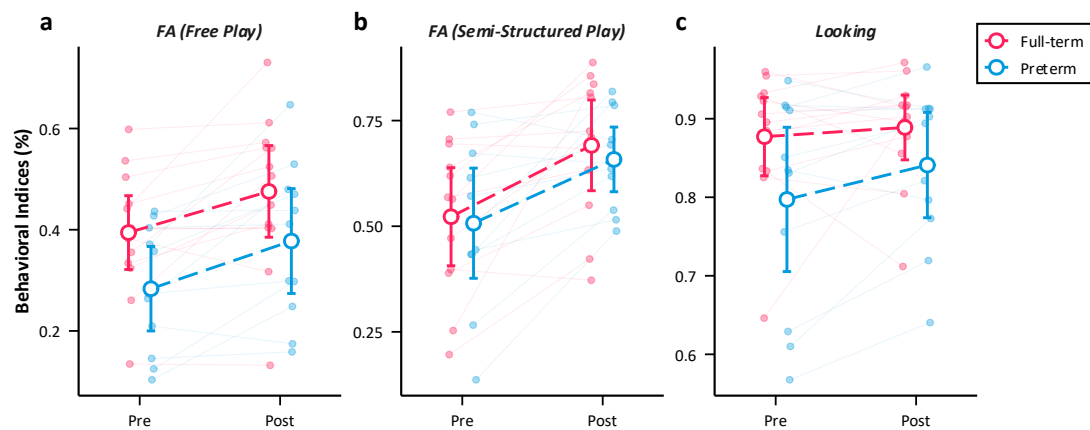
Table S5 Correlation Matrix of Change Scores

Measure	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1. Parental FA (Free Play)	—																				
2. Parental FA (Table Play)	.180 <i>n</i> =23	—																			
3. Child FA (Table Play)	.077 <i>n</i> =23	.484* <i>n</i> =23	—																		
4. IMP-I: Overall	.213 <i>n</i> =24	.385 <i>n</i> =23	.535** <i>n</i> =23	—																	
5. IMP-I: Acceptance	.156 <i>n</i> =24	.304 <i>n</i> =23	.420* <i>n</i> =23	.757*** <i>n</i> =32	—																
6. IMP-I: Non-Reactivity	.329 <i>n</i> =24	.498* <i>n</i> =23	.625** <i>n</i> =23	.778*** <i>n</i> =32	.519** <i>n</i> =32	—															
7. IMP-I: Listening	.230 <i>n</i> =24	.159 <i>n</i> =23	.355 <i>n</i> =23	.641*** <i>n</i> =32	.480** <i>n</i> =32	.380* <i>n</i> =32	—														
8. IMP-I: Awareness (Self)	.151 <i>n</i> =24	.280 <i>n</i> =23	.280 <i>n</i> =23	.661*** <i>n</i> =32	.240 <i>n</i> =32	.458** <i>n</i> =32	.253 <i>n</i> =32	—													
9. IMP-I: Awareness (Child)	-.133 <i>n</i> =24	.090 <i>n</i> =23	.118 <i>n</i> =23	.346 <i>n</i> =32	.275 <i>n</i> =32	.054 <i>n</i> =32	.269 <i>n</i> =32	.016 <i>n</i> =32	—												
10. IMP-I: Compassion	.309 <i>n</i> =24	.294 <i>n</i> =23	.375 <i>n</i> =23	.747*** <i>n</i> =32	.379* <i>n</i> =32	.608*** <i>n</i> =32	.377* <i>n</i> =32	.515** <i>n</i> =32	.195 <i>n</i> =32	—											
11. AS: Max	-.097 <i>n</i> =9	.377 <i>n</i> =9	.513 <i>n</i> =9	.035 <i>n</i> =9	-.131 <i>n</i> =9	-.098 <i>n</i> =9	.118 <i>n</i> =9	.294 <i>n</i> =9	-.283 <i>n</i> =9	.330 <i>n</i> =9	—										
12. AS: O-Lag	-.107 <i>n</i> =9	.385 <i>n</i> =9	.321 <i>n</i> =9	-.315 <i>n</i> =9	-.444 <i>n</i> =9	-.404 <i>n</i> =9	-.218 <i>n</i> =9	.421 <i>n</i> =9	-.292 <i>n</i> =9	.158 <i>n</i> =9	.849** <i>n</i> =9	—									
13. PCS	.102 <i>n</i> =23	-.021 <i>n</i> =22	.265 <i>n</i> =22	-.120 <i>n</i> =28	-.041 <i>n</i> =28	-.045 <i>n</i> =28	-.003 <i>n</i> =28	.044 <i>n</i> =28	-.300 <i>n</i> =28	-.325 <i>n</i> =28	.676* <i>n</i> =9	.549 <i>n</i> =9	—								
14. MCQ: Knowledge	-.307 <i>n</i> =23	-.097 <i>n</i> =22	.418 <i>n</i> =22	.008 <i>n</i> =28	-.032 <i>n</i> =28	.009 <i>n</i> =28	-.009 <i>n</i> =28	-.089 <i>n</i> =28	.282 <i>n</i> =28	-.131 <i>n</i> =28	.690 <i>n</i> =8	.326 <i>n</i> =8	.327 <i>n</i> =27	—							
15. MCQ: Tasks	.183 <i>n</i> =23	.027 <i>n</i> =22	.350 <i>n</i> =22	.413* <i>n</i> =28	.425* <i>n</i> =28	.367 <i>n</i> =28	.262 <i>n</i> =28	.144 <i>n</i> =28	.141 <i>n</i> =28	.290 <i>n</i> =28	.354 <i>n</i> =8	.229 <i>n</i> =8	.029 <i>n</i> =27	.184 <i>n</i> =28	—						
16. MCQ: Feelings	-.175 <i>n</i> =23	.021 <i>n</i> =22	.169 <i>n</i> =22	.149 <i>n</i> =28	.172 <i>n</i> =28	.102 <i>n</i> =28	.253 <i>n</i> =28	-.054 <i>n</i> =28	.238 <i>n</i> =28	.009 <i>n</i> =28	.386 <i>n</i> =8	-.027 <i>n</i> =8	.291 <i>n</i> =27	.434* <i>n</i> =28	.069 <i>n</i> =28	—					
17. BDI-II	-.406 <i>n</i> =23	-.006 <i>n</i> =22	-.124 <i>n</i> =22	-.327 <i>n</i> =30	-.388* <i>n</i> =30	-.386* <i>n</i> =30	-.137 <i>n</i> =30	-.271 <i>n</i> =30	.087 <i>n</i> =30	-.081 <i>n</i> =30	.362 <i>n</i> =8	.452 <i>n</i> =8	-.247 <i>n</i> =27	.159 <i>n</i> =27	-.442* <i>n</i> =27	-.178 <i>n</i> =27	—				
18. PSI-SF: Parental Distress	-.242 <i>n</i> =22	.075 <i>n</i> =21	-.387 <i>n</i> =21	-.493** <i>n</i> =29	-.302 <i>n</i> =29	-.398* <i>n</i> =29	-.415* <i>n</i> =29	-.262 <i>n</i> =29	-.204 <i>n</i> =29	-.141 <i>n</i> =29	.388 <i>n</i> =8	.669 <i>n</i> =8	-.257 <i>n</i> =26	-.134 <i>n</i> =26	-.309 <i>n</i> =26	-.156 <i>n</i> =26	.598*** <i>n</i> =28	—			
19. PSI-SF: Difficult Child	.113 <i>n</i> =22	.165 <i>n</i> =21	-.123 <i>n</i> =21	-.208 <i>n</i> =29	-.241 <i>n</i> =29	-.042 <i>n</i> =29	.082 <i>n</i> =29	-.205 <i>n</i> =29	-.199 <i>n</i> =29	.046 <i>n</i> =29	.093 <i>n</i> =8	.297 <i>n</i> =8	-.363 <i>n</i> =26	-.342 <i>n</i> =26	-.402* <i>n</i> =26	-.273 <i>n</i> =26	.443* <i>n</i> =28	.380* <i>n</i> =29	—		
20. PSI-SF: Dys. Interaction	.071 <i>n</i> =22	.144 <i>n</i> =21	-.151 <i>n</i> =21	-.506** <i>n</i> =29	-.470* <i>n</i> =29	-.130 <i>n</i> =29	-.395* <i>n</i> =29	-.214 <i>n</i> =29	-.398* <i>n</i> =29	-.241 <i>n</i> =29	-.626 <i>n</i> =8	-.337 <i>n</i> =8	-.310 <i>n</i> =26	-.548** <i>n</i> =26	-.614*** <i>n</i> =26	-.278 <i>n</i> =26	.258 <i>n</i> =28	.279 <i>n</i> =29	.617*** <i>n</i> =29	—	
21. PSI-SF: Total Stress	-.072 <i>n</i> =22	.152 <i>n</i> =21	-.320 <i>n</i> =21	-.536** <i>n</i> =29	-.432* <i>n</i> =29	-.277 <i>n</i> =29	-.347 <i>n</i> =29	-.297 <i>n</i> =29	-.337 <i>n</i> =29	-.153 <i>n</i> =29	.141 <i>n</i> =8	.500 <i>n</i> =8	-.389* <i>n</i> =26	-.407* <i>n</i> =26	-.546** <i>n</i> =26	-.288 <i>n</i> =26	.568** <i>n</i> =28	.776*** <i>n</i> =29	.803*** <i>n</i> =29	.763*** <i>n</i> =29	—

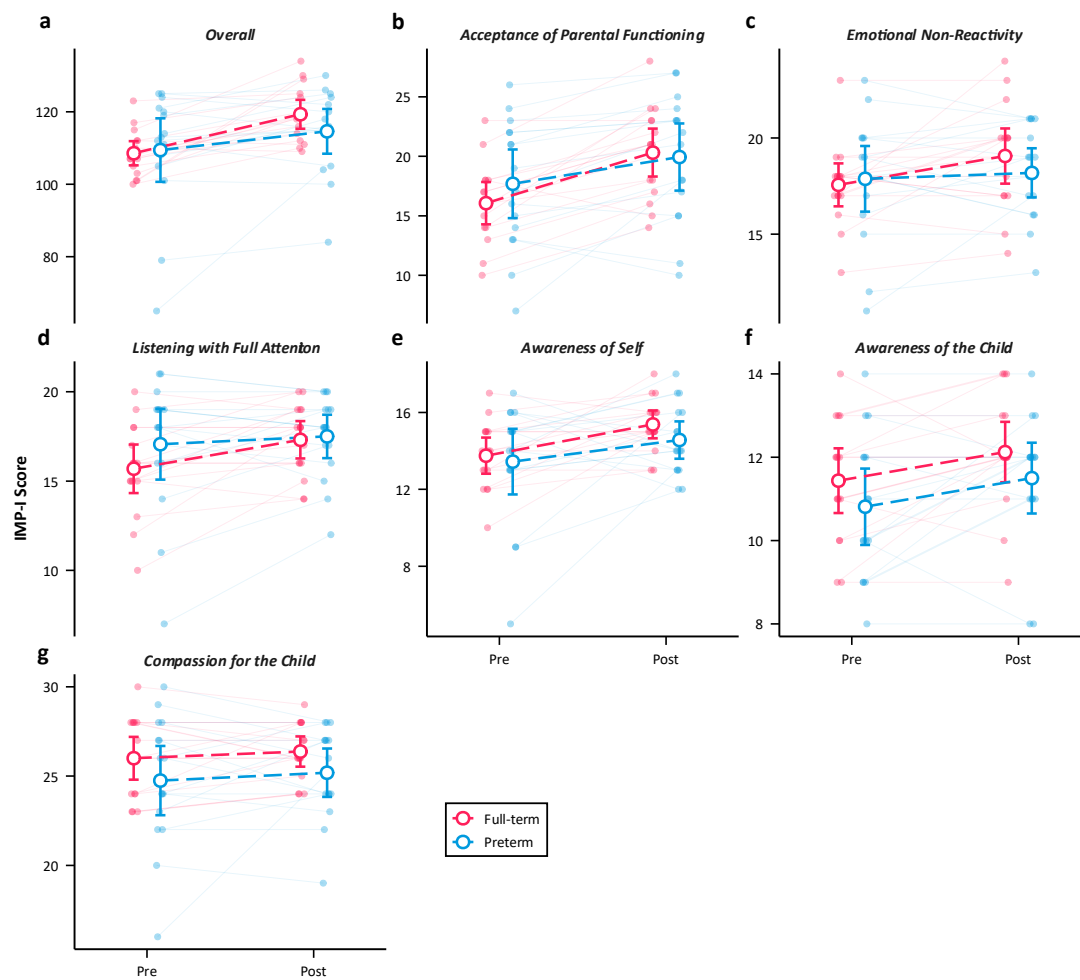
Note. Correlations between the pre-to-post intervention change scores of the study variables. AS = Autonomic synchrony; BDI-II = Beck Depression Inventory-II; FA = Focused attention; IMP-I = Interpersonal Mindfulness in Parenting Scale-Infant Version; MCQ = Maternal Confidence Questionnaire; PCS = Parenting Confidence Scale; PSI-SF = Parenting Stress Index-Short Form. *** $p < 0.001$ ** $p < 0.01$ * $p < 0.05$

Fig. S1 Participant Flow Through Recruitment, Enrollment, Retention, and Assessment

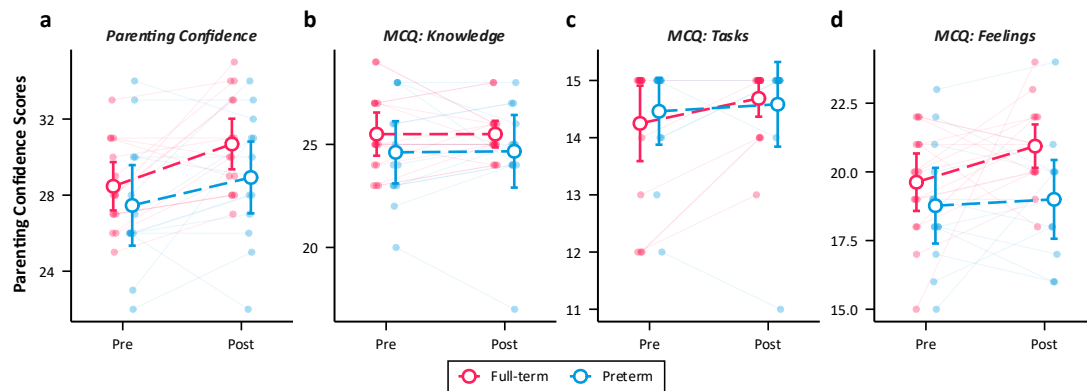
Note. The diagram summarizes the progression of families from initial response to study outreach through post-intervention assessment. Boxes on the right indicate exclusions, non-attendance, withdrawal, and protocol-defined discontinuation at each stage, with reasons cited. The full-term and preterm cohort breakdown is shown at each retained stage. Of 78 responding families, 25 (34 caregivers) enrolled, 32 caregivers (24 families) completed the Integrative Mindfulness-Based Infant Parenting Program (IMIP) per protocol, and all completers contributed post-intervention data. The data availability panel summarizes the number of participants or dyads with usable observations for each assessment modality at the post-intervention timepoint. BDI-II = Beck Depression Inventory–II; ECG = electrocardiogram; FA = focused attention; IMP-I = Interpersonal Mindfulness in Parenting Scale–Infant Version; MCQ = Maternal Confidence Questionnaire; PCS = Parenting Confidence Scale; PSI-SF = Parenting Stress Index–Short Form.

Fig. S2 Pre-Post Patterns for Behavioral Indices by Cohort

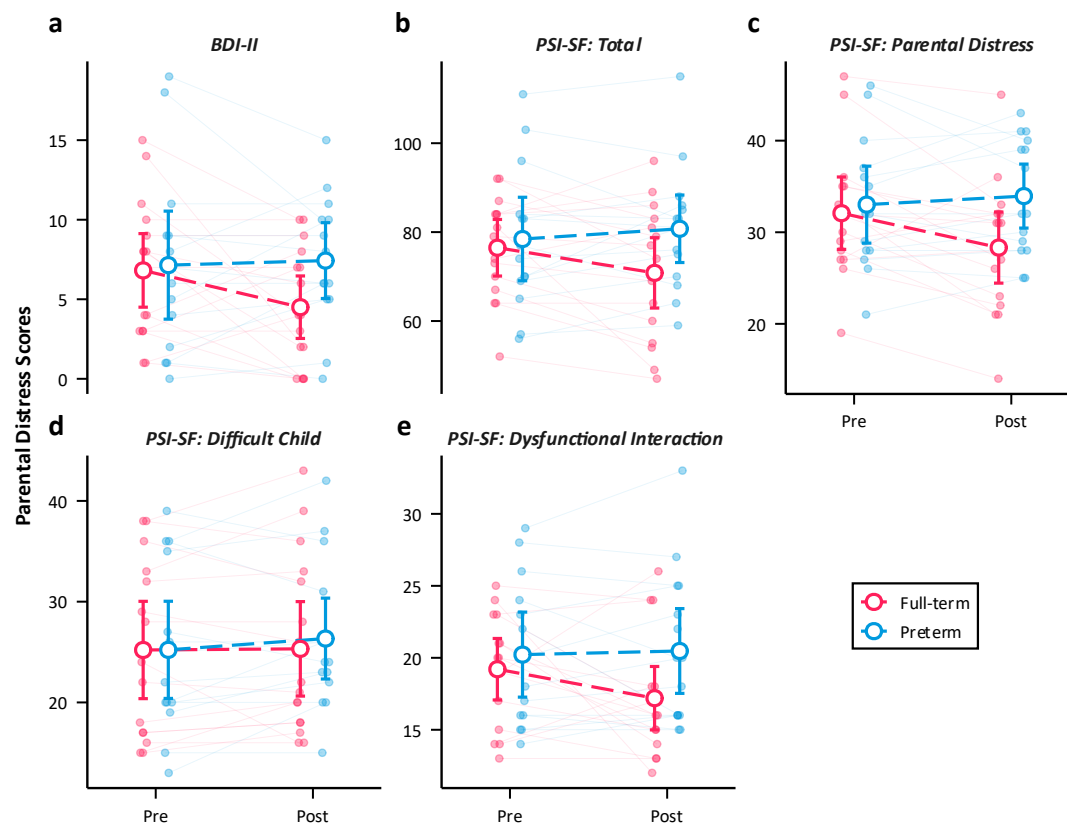
Note. Behavioral indices of parental focused attention (FA) during free play (a) and semi-structured play (b), and parental looking (c), shown for the full-term and preterm cohorts. Small circles indicate individual observed scores at each timepoint; muted lines connect within-participant pre- and post-intervention observations when both are available. Large open circles indicate available-case group means at each timepoint with t -based 95% confidence intervals. $N = 23$ – 24

Fig. S3 Pre-Post Patterns for Self-Reported Mindful Parenting by Cohort

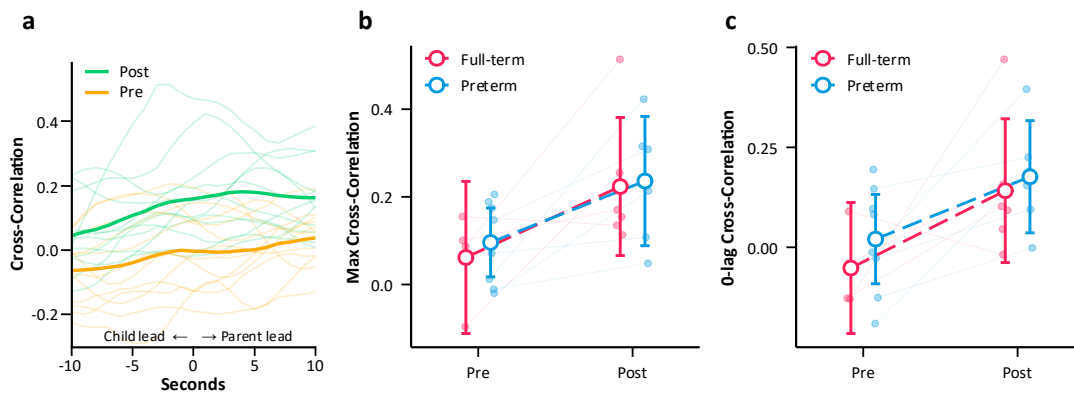
Note. Self-Reported mindful parenting, indexed by the Interpersonal Mindfulness in Parenting–Infant Version (IMP–I) overall score (a) and six domain scores (b–g), shown for the full-term and preterm cohorts. Small circles indicate individual observed scores at each timepoint; muted lines connect within-participant pre- and post-intervention observations. Large open circles indicate group means at each timepoint with *t*-based 95% confidence intervals. *N* = 32

Fig. S4 Pre-Post Patterns for Parenting Confidence Outcomes by Cohort

Note. Parenting confidence, indexed by the Parenting Confidence Scale (PCS; a) and the three Maternal Confidence Questionnaire (MCQ; b–d) domains (Knowledge, Tasks, and Feelings), shown for the full-term and preterm cohorts. Small circles indicate individual observed scores at each timepoint; muted lines connect within-participant pre- and post-intervention observations when both are available. Large open circles indicate available-case group means at each timepoint with t -based 95% confidence intervals. $N = 28-30$

Fig. S5 Pre-Post Patterns for Parental Distress Outcomes by Cohort

Note. Parental distress outcomes, indexed by the Beck Depression Inventory–II (BDI–II; a) and the Parenting Stress Index–Short Form (PSI–SF; b–e) total and subscale scores (Total Stress, Parental Distress, Difficult Child, and Dysfunctional Interaction), shown for the full-term and preterm cohorts. Small circles indicate individual observed scores at each timepoint; muted lines connect within-participant pre- and post-intervention observations when both are available. Large open circles indicate available-case group means at each timepoint with *t*-based 95% confidence intervals. *N* = 29–31

Fig. S6 Pre-Post Patterns in Parent-Infant Autonomic Synchrony

Note. Autonomic synchrony indexed by cross-correlation of parent and infant heart-rate time series across ± 10 -s lags (a), peak synchrony/max cross-correlation (b), and concurrent/0-lag synchrony (c). Panel (a) shows pre- and post-intervention cross-correlation functions, with muted lines indicating individual dyads and bold lines indicating average curves. Panels (b) and (c) show scores for the full-term and preterm cohorts, with small circles indicating individual observed scores at each timepoint, muted lines connecting within-dyad pre- and post-intervention observations when both are available, and large open circles indicating available-case group means at each timepoint with t -based 95% confidence intervals. $N = 12$ dyads at each timepoint; paired $n = 9$ dyads.