

Table S1. Descriptive statistics for the study variables

<i>Description</i>	<i>Range</i>	<i>M</i>	<i>SD</i>	<i>α</i>
Work–Life Balance: Survey Work–Home Interaction–NijmeGen (SWING)				
Work–family negative spillover	0–24	4.96	4.26	0.87
Work–family positive spillover	0–15	6.96	3.62	0.86
Perceived Stress: Perceived Stress Scale (PSS)				
Perceived stress	0–40	18.72	6.06	0.82
Parenting Practices: Alabama Parenting Questionnaire (APQ)				
Poor monitoring/supervision	10–50	16.22	4.67	0.82
Inconsistent discipline	6–30	12.16	3.19	0.74
Corporal punishment	3–15	5.68	2.04	0.69
Positive parenting	6–30	22.51	3.82	0.81
Involvement	10–50	37.89	5.31	0.82
Children’s Behaviors: Strengths and Difficulties Questionnaire (SDQ)				
Externalizing problems	0–20	4.62	3.13	0.76
Internalizing problems	0–20	3.29	2.80	0.68
Prosocial behaviors	0–10	6.68	2.11	0.71

Table S2. Correlations between maternal work–life balance, perceived stress, parenting practices, and children’s behaviors

<i>Variable</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
Maternal Work–Life Balance								
1. Work–family negative spillover	—							
2. Work–family positive spillover	-0.013	—						
Mothers’ Perceived Stress								
3. Perceived stress	0.405***	-0.211***	—					
Mothers’ Parenting Practices								
4. Negative parenting practices	0.271***	-0.171**	0.246***	—				
5. Positive parenting practices	-0.119*	0.351***	-0.245***	-0.344***	—			
Children’s Behaviors								
6. Externalizing problems	0.136**	-0.160**	0.255***	0.340***	-0.225***	—		
7. Internalizing problems	0.163**	-0.164**	0.292***	0.195***	-0.194***	0.401***	—	
8. Prosocial behaviors	-0.044	0.294***	-0.061	-0.213***	0.331***	-0.290***	-0.137**	—

Table S3. Path analyses

<i>Construct</i>			<i>B</i>	<i>SE</i>	β	<i>p</i>
Maternal Work–Life Balance						
Work–family negative spillover	→	Perceived stress	0.405	0.042	9.598	<0.001
Work–family negative spillover	→	Negative parenting practices	0.240	0.056	4.260	<0.001
Work–family negative spillover	→	Positive parenting practices	-0.050	0.048	-1.039	0.299
Work–family negative spillover	→	Externalizing problems	-0.036	0.049	-0.739	0.460
Work–family negative spillover	→	Internalizing problems	0.032	0.047	0.677	0.498
Work–family negative spillover	→	Prosocial behaviors	0.009	0.048	0.195	0.845
Work–family positive spillover	→	Perceived stress	-0.217	0.044	-4.981	<0.001
Work–family positive spillover	→	Negative parenting practices	-0.160	0.054	-2.950	0.003
Work–family positive spillover	→	Positive parenting practices	0.325	0.046	7.034	<0.001
Work–family positive spillover	→	Externalizing problems	-0.059	0.048	-1.223	0.221
Work–family positive spillover	→	Internalizing problems	-0.067	0.047	-1.432	0.152
Work–family positive spillover	→	Prosocial behaviors	0.215	0.047	4.590	<0.001
Mothers' Perceived Stress						
Perceived stress	→	Negative parenting practices	0.161	0.058	2.782	0.005
Perceived stress	→	Positive parenting practices	-0.161	0.049	-3.285	0.001
Perceived stress	→	Externalizing problems	0.137	0.049	2.763	0.006
Perceived stress	→	Internalizing problems	0.205	0.048	4.310	<0.001
Perceived stress	→	Prosocial behaviors	0.070	0.048	1.463	0.144
Mothers' Parenting Practices						
Negative parenting practices	→	Externalizing problems	0.298	0.054	5.514	<0.001
Negative parenting practices	→	Internalizing problems	0.094	0.053	1.754	0.049
Negative parenting practices	→	Prosocial behaviors	-0.102	0.054	-1.903	0.047
Positive parenting practices	→	Externalizing problems	-0.062	0.050	-1.243	0.214
Positive parenting practices	→	Internalizing problems	-0.065	0.048	-1.345	0.178
Positive parenting practices	→	Prosocial behaviors	0.221	0.048	4.579	<0.001

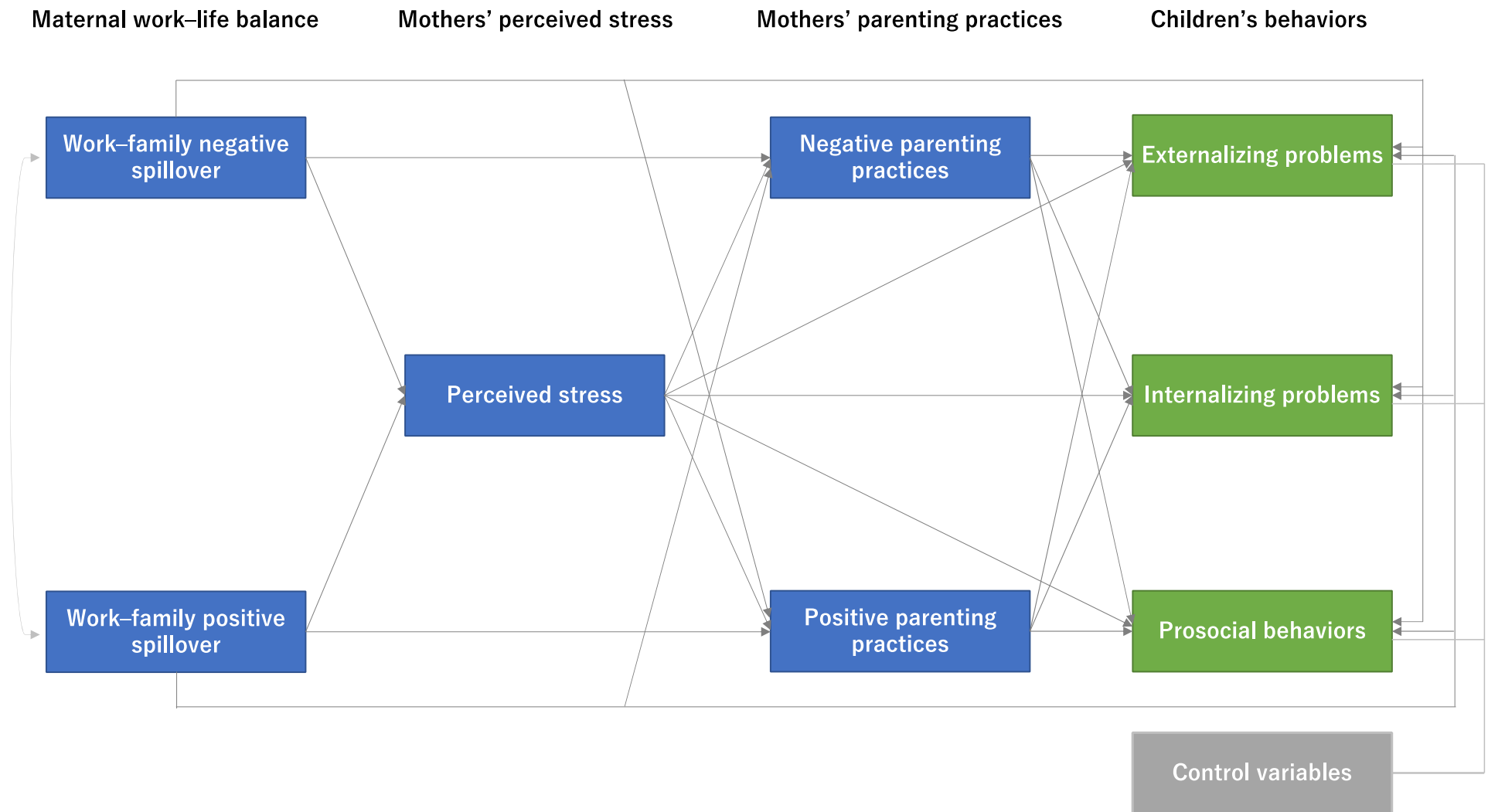


Figure S1. Path of maternal work-life balance, perceived stress, parenting practices, and children's behaviors

Note: This model includes the hypothesized pathways between maternal work-life balance, perceived stress, parenting practices, and children's behaviors.