Contents

		Foreword	хi	
		Acknowledgments	xvii	
PART I: THE EMOTIONAL LIFE OF FAMILIES				
		Introduction to the Concept of Meta-Emotion	3	
	Chapter 1	Research on Parenting and Meta-Emotions	9	
	Chapter 2	Popular Parenting Guides: Introducing Ginott	14	
	Appendix 2.1	Life Space Interviewing in More Detail	35	
PART II: MEASUREMENT AND CONCEPTUALIZATION				
	Chapter 3	The Selection of Development Outcomes	39	
	Chapter 4	The Meta-Emotion Interview	45	
	Chapter 5	An "Emotion Regulation Theory" of Meta-Emotion, Parenting, and Child Outcomes	86	
	Appendix 5.1	How Specifically Might Meta-Emotion and Parenting Affect a Child's Development?	106	

Appendix 5.2	Necessary Concepts From Child Physiology: A Brief Review of Research	117			
Chapter 6	Designing a Family Psychophysiology Laboratory: The Methods of Our Study	123			
Appendix 6.1	More Detail on Measures and Coding	132			
Chapter 7	The Internal Structure of Parents' Meta-Emotions	140			
Chapter 8	Validity of the Meta-Emotion Interview	143			
PART III: PARENTING, META-EMOTIONS, AND CHILD OUTCOMES					
Chapter 9	Parenting, Parental Meta-Emotions, and the Child's Peer Relations	149			
Chapter 10	Parenting, Parental Meta-Emotions, and the Physical Health and Negative Affectivity of Children	152			
Chapter 11	Parenting, Parental Meta-Emotions, and Childrens' Academic Achievement at Age 8	155			
PART IV: MECHANISMS, PROCESS MODELS, AND THE PARENTS' MARRIAGE					
Chapter 12	How Might Meta-Emotions Have Their Effects? Preliminary Tests of Our Theory	163			
Chapter 13	Parenting, Meta-Emotion, and the Parents' Marriage	190			
Chapter 14	The Effects of Marital Conflict and Buffering Children From Marital Conflict	214			

PART V: EXTENSIONS

Chapter 15	Meta-Emotion and Gender	229
Chapter 16	When Parents Feel Emotionally Out of Control	236
Chapter 17	Meta-Emotion, Emotional Expressiveness, and Parental Social Class	259
Appendix 17.1	Vagal Tone and the Inhibition of Expressiveness	268
Appendix 17.2	Child Temperament	270
Chapter 18	Discussion and a Research Agenda	272
Chapter 19	Emotion Metaphors	306
Appendix A	Methodology for the Vagal Tone Computations	323
	References	333
	Author Index	355
	Subject Index	360