

The links between parents' psychological needs satisfaction and the quality of their involvement and support practices

The more parents' **psychological needs** are satisfied, the more they adopt **optimal practices** in supporting their child's schooling.



AUTONOMY

Parents feel autonomous when they perceive themselves as the origin of their choices and actions, and when they act in accordance with their interests and values.



COMPETENCE

Parents feel competent when they perceive themselves as effective and capable of achieving their goals.



RELATEDNESS

Parents feel positively connected to others when they are able to establish warm and reciprocal relationships with others.



AUTONOMY SUPPORT

Parents listen to and consider their child's opinions, recognize and accept their ideas, and offer them meaningful choices.



STRUCTURE

Parents have clear rules and expectations for their child, create a predictable environment, and highlight their efforts and successes.



INVOLVEMENT

Parents are available and attentive to their child, show genuine interest, and provide support when the child asks for it.

Supportive parental practices are important for the child's motivational and school development.

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