Online table 1 Risk of Bias of included studies

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Outcome measures /Risk of bias domains	Sequence generation	Allocation concealment	Blinding of outcome assessor	Incomplete outcome data addressed	Free of selective reporting	A priori protocol	Free of other bias
Cuttome measures / mon or sites domains							
Infant regulation (IBO-R) & child sleep habits	U	IJ	3	1	U	U	1
		U			_		1
		U	-	-	-		-
Adaptive and maladaptive functioning (CBCL)	-	-	3	2	U	-	3
Social and emotional competence (Head Start Competence	-	-	3	2	U	-	1
	U	U	1	3	U	U	1
	L	L	3	1	1	Yes	1
	L	L	3	U	1	Yes	1
	L	Н	3	2	U	U	1
,	L	Н	-	-	-	U	-
Adaptive and maladaptive functioning (CBCL)	-	-	3	U	U	-	1
Adaptive and maladaptive functioning (YSR)	-	-	2	U	U	-	1
	L	Н	-	-	-	U	
Competence (CBCL)	-	-	3	U	U	-	1
Competence (YSR)	-	-	2	U	U	-	1
Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI)	L	Н	1	U	U	U	1
	L	U	-	-	-	Yes	-
Adaptive and maladaptive functioning (CBCL)	-	-	3	2	U	-	2
Development (PEDS) & Social Skills (SSRS)	-	-	3	2	U	-	3
Parent-child relationship	U	U	1	1	U	U	1
Father-child relationship (Parent Behavior Rating Scale)	L	Н	U	3	U	U	1
Parent-child relationship (Maternal Postnatal Attachment Scale)	U	U	3	1	U	U	U
Frequency of infant-initiated contact	U	U	1	1	4	U	U
	Scale) Child adjustment problems Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Mental State (Rutter Scale A) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Adaptive and maladaptive functioning (CBCL) Development (PEDS) & Social Skills (SSRS) Parent-child relationship (Parent Behavior Rating Scale) Parent-child relationship (Maternal Postnatal Attachment Scale)	Infant regulation (IBQ-R) & child sleep habits U Child regulation U Adaptive and maladaptive functioning (CBCL) Social and emotional competence (Head Start Competence Scale) Child adjustment problems Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Mental State (Rutter Scale A) L Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) - Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) L Adaptive and maladaptive functioning (CBCL) - Development (PEDS) & Social Skills (SSRS) - Parent-child relationship (Parent Behavior Rating Scale) L Parent-child relationship (Maternal Postnatal Attachment Scale)	Infant regulation (IBQ-R) & child sleep habits U U U Adaptive and maladaptive functioning (CBCL) Child adjustment problems Adaptive and maladaptive functioning (CBCL) Mental State (Rutter Scale A) L H Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) Competence (CBCL) Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Parent-child relationship Parent-child relationship (Maternal Postnatal Attachment U U U Scale)	Infant regulation (IBQ-R) & child sleep habits Child regulation U U 1 Adaptive and maladaptive functioning (CBCL) Child adjustment problems Adaptive and maladaptive functioning (CBCL) L L 3 Mental State (Rutter Scale A) L H 3 Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) Competence (CBCL) Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) L U - Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Development (PEDS) & Social Skills (SSRS) Parent-child relationship (Parent Behavior Rating Scale) L H U Parent-child relationship (Maternal Postnatal Attachment U U J 3 Scale)	Infant regulation (IBQ-R) & child sleep habits Child regulation U U J 1 1 Adaptive and maladaptive functioning (CBCL) Child adjustment problems Adaptive and maladaptive functioning (CBCL) Child adjustment problems U U J 3 2 Scale) Child adjustment problems U U J 1 3 Adaptive and maladaptive functioning (CBCL) Mental State (Rutter Scale A) L H 3 2 Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) Competence (CBCL) Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Parent-child relationship Parent-child relationship (Parent Behavior Rating Scale) L H U 3 Parent-child relationship (Maternal Postnatal Attachment U U U 3 1 Scale)	Infant regulation (IBQ-R) & child sleep habits U U U 3 1 U Child regulation U U U 1 1 1 U Adaptive and maladaptive functioning (CBCL) Child adjustment problems Adaptive and maladaptive functioning (CBCL) Mental State (Rutter Scale A) L L 3 1 1 Adaptive and maladaptive functioning (CBCL) Adaptive and maladaptive functioning (YSR) Competence (CBCL) Competence (YSR) Adaptive and maladaptive functioning (YASR) & depressive symptoms (BDI) Adaptive and maladaptive functioning (CBCL) Development (PEDS) & Social Skills (SSRS) Parent-child relationship (Parent Behavior Rating Scale) L H U 3 U Father-child relationship (Maternal Postnatal Attachment U U 3 1 U Scale)	Infant regulation (IBQ-R) & child sleep habits

^{*}Note: Risk of bias was conducted for each outcome. When risk of bias was the same for all included outcomes, only one score is provided in the table.

Note: In the 5-point scale 1 corresponds to low risk of bias and 5 correspond to high risk of bias. L= low risk of bias; H=high risk of

bias; U= unclear risk of bias

IBQ-R: Infant Behavior Questionnaire-Revised

CBCL: Child Behavior Checklist

YSR: Youth Self Report

YASR: Young Adult Self Report

PEDS: Parents' Evaluation of Development Status

SSRS: Social Skills Rating Scale