

## Appendix A. Description of protective factors examined for child development

Category	Protective Factor	Risk category	Protective category
Socio-demographic factors	Maternal age at delivery	<35 years	≥35 years
	Marital status	single, separated, divorced	married, common law
	Maternal education	High school or less	Some post secondary
	Household income	<\$80,000	≥\$80,000
	Family status	Single parent family	Two parent family
Pregnancy and birth outcome factors	Social support during pregnancy (MOS-SSS)	Lower (MOS-SSS ≤69)	Higher (MOS-SSS >69)
	Optimism during pregnancy (LOT-R)	Lower (LOT-R ≤13)	Higher (LOT-R >13)
	Gestational age at delivery	Preterm (<37 weeks)	Term (≥37 weeks)
	Birth weight	Low birth weight (<2500 grams)	Not low birth weight (≥2500 grams)
	Child sex	Male	Female
Postpartum factors (up to 1 year)	Social support at 4 months postpartum (MOS-SSS)	Lower (MOS-SSS ≤69)	Higher (MOS-SSS >69)
	Parenting morale at 4 months postpartum (PMI)	Lower (PMI ≤33)	Higher (PMI >33)
	Social support at 1 year postpartum (NLSCY-SSS)	Lower (NLSCY-SSS ≤17)	Higher (NLSCY-SSS >17)
	Happiness in their relationship at 1 year postpartum	A little unhappy/quite unhappy/extremely unhappy	Happy/very happy/extremely happy/perfectly happy
	Co-parenting agreement at 1 year postpartum	Not sure/disagree/strongly disagree	Strongly agree/agree
Parenting, childcare environment and community resource use	Social support at 2 years postpartum (NLSCY-SSS)	Lower (NLSCY-SSS ≤17)	Higher (NLSCY-SSS >17)
	Parent-child interaction reading: child was consistently read to daily at 1 and 2 years	No	Yes
	Parenting child	No	Yes

interaction play: A parent consistently played imitation games with the child daily at 1 and 2 years		
Mother working or studying at 2 years Yes No	Yes	No
Mother's perceived ability to fulfill family, work or other responsibilities when child was 2 years old	It is difficult most of the time/it is always difficult	It is sometimes difficult/it is never difficult
Childcare arrangement when child was 2 years old	Childcare center/day home	Parent/relative/nanny home
Regular exposure to a language other than English at 2 years of age	Yes	No
Time it takes child to fall asleep at night (in general)	>30 minutes	≤30 minutes
Average total time spent napping each day	<1 hour	≥1 hour
How often child wakes at night	≥3 times per week	<3 times per week
When child started sleeping through the night	Isn't sleeping through the night yet	Before 2 years
Number of ear infections	≥1	none
Time child is physically active per day at 2 years of age (playing, walking, jumping, running, dancing etc.)	<3 hours	≥3 hours
Screen time per day (from all types of media: television, movies/DVD's, computer/tablet)	≥1 hour	<1 hour
Used a library or attended a story time	No	Yes
Used a recreation facility and/or a drop-in childcare center in	No	Yes

	the past year		
	Used a parenting support: parenting group, program or center	No	Yes
	Used a social support: informal play group	No	Yes
	Use of community resources: library, recreation facility/ drop-in childcare, parenting support, social support	<3 resources	≥3 resources

MOS-SSS = The Medical Outcomes Study - Social Support Survey

LOT-R = The Life-Orientation Test-Revised

PMI = The Parenting Morale Index

NLSCY-SSS = The National Longitudinal Survey of Children and Youth Social Support Scale