

ABSTRACT

Parenting competencies in parents of children with mild to moderate neuromusculoskeletal disabilities

Practicing positive parenting is a protective factor for children's optimal development. Therefore it is important to know the quality of parenting competencies of parents with children with disabilities, in order to implement future intervention programs aimed at promoting positive parenting. **Objective:** To describe parenting competencies (PC) of father, mother or both, of 0 to 12 year-old children with neuromusculoskeletal disabilities, attending Instituto Teletón in Puerto Montt. **Patients and Methods:** Cross-sectional descriptive study, with 52 fathers or mothers between September and November 2017. Each father and/or mother answered the questions of Gómez & Muñoz' Positive Parenting Scale (E2P) (2014). **Results:** Regarding total parenting competencies, 28.8% of parents are at risk range, 40.4% are at monitoring range, and 30.8% are at optimal range. Statistically significant associations were observed between total PC and parents' age, also between birth order of the child and related PC. **Discussion:** Results are consistent with the results observed in general population in prevention programs carried out by the National Service for Minors (SENAME). **Conclusion:** Approximately 70% of parents require support for developing and strengthening PCs.

Key words: Disability, positive parenting, parenting competencies.