Reviewer’s report

Title: The extended nervous system: Affect Regulation, somatic and social change processes associated with Mindful Parenting.

Version: 0 Date: 14 Dec 2018

Reviewer: Virginia Schmied

Reviewer's report:

This is a really interesting preliminary study investigating the change processes that promote mindful parenting for the perspective of four facilitators of mindful parenting programs.

The study is novel in developing a new model of the change processes or mechanisms of mindful parenting.

The Introduction to this paper is very clear - well written

The methods are clearly explained but it would be helpful to see the questions or prompts used in the interviews.

Also how long was each interview?

I was not sure why the ethics approval was needed from the maternity hospital as well as the university. Considering all participants came from different states was this needed?

Given the importance of the reflexive process in mindfulness and the qualitative nature of the study, it would be important to add a section on reflexivity. This is partly addressed in the limitations section and I suggest the following be moved to a new section just after data analysis - "To maintain the methodological rigor and reliability, the facilitators were given a copy of their transcripts to verify if they agree with the content. An independent audit was also conducted by the second author to track the raw data to the final table. To the authors knowledge, the findings are reliable as the reiterative process checked the raw data accurately reflected the researcher's interpretation".

Also in the section on reflexivity include something on the background of the authors, how may your background and role influence or have the potential to influence the way in which data were collected, the questions asked, the analysis and interpretation of results and how was this managed. Reflexivity is an important part of all qualitative research studies. Please add a statement on this following data analysis.
Results

The first theme somatic mechanisms - starts off in a very interesting way but I would like to see a little more in-depth data from what participants said about the body being a trauma holder - this is a really interesting and important concept.

I understand the importance of social learning but the authors might like to comment more in results or discussion on how culture impacts aspects of social learning and parenting in this model.

In the discussion, the following point is made, "According to PA Levine [38] traumatized individuals cannot resolve the emotional trauma until the physiological trauma has been released. This appears to be particularly relevant to the children described in this study's interviews." My understanding is that it would be equally important to the parents who are being supported through the mindfulness program - you may want to comment on this as well.

While the idea of gestating a mother may be new to these authors, this notion has been explored in midwifery models of care previously. Similarly, the idea of the village raising a mother is not necessarily new.

On line 539, the comment is made "Although it is unlikely, cultural differences may influence overarching change processes from other countries". This itself is not a complete sentence. But in addition, many anthropologists would argue that there may be cultural differences in the processes of parenting in particular processes that facilitate attachment. Although, as implied here the idea of a secure attachment is universal.

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Unable to assess

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes
Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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