

## **Abstract**

Parental burnout syndrome has been a topic of interest in research since it was first described. It is positively related to parents' perfectionism and neuroticism, and negatively related to the level of support they receive from their partner or other close persons. Parents of young children are more at risk of parental burnout, and early childhood is a period in which the child's temperament is closely related to various parenting variables. A study was conducted to find out whether there is a statistically significant relationship between a child's early temperament and parental burnout syndrome. The study included 336 mothers who cared for infants up to 12 months old (N=89) and toddlers between the age of 1-3 (N=247). They filled out an online questionnaire battery that was assessing parental burnout and their child's temperament. The results showed that toddlers' temperamental characteristics correlated significantly with parental burnout. Specifically, low self-regulation ability ( $r_s=0.34$ ,  $p<.001$ ) and negative emotionality ( $r_s=0.31$ ,  $p<.001$ ) of children from 1 to 3 years old explained up to 18.2 % parental burnout. At the same time, in agreement with previous research, it was proven that mothers who take care of a child with specific needs are more at risk of parental burnout syndrome ( $p<0.001$ ).

**Key words:** *infants; toddlers; early childhood's temperament; mothers; maternal burnout*