

## Abstract

Young mothers' perceived social support and its association with parenting practices was examined in this study. Both qualitative and quantitative approaches were adopted so that a deeper understanding of young mothers could be gained. In-depth interviews, which were semi-structured and open-ended, were conducted with 5 Hong Kong Chinese young mothers, aged between 20 to 23 years, who were recruited in community. In order to support the qualitative analysis, a matrix was designed to evaluate and score their perceived social support. And the Chinese version of Block's Child Rearing Practices Report (CRPR) was completed by the young mothers, together with the Social Support matrix. Results support the hypothesis as adequate social support is associated with authoritative parenting style in young mothers. In the light of these results, relationship between social support and parenting was consolidated in Chinese young mothers in Hong Kong. This study provides insight by extending the Western-based findings to Hong Kong context.