**Supplementary 1.** Search strategy

| Components | Search terms | | |
|---|---|---|---|
| | MeSH (MEDLINE) | CINAHL Subject headings | Free-text terms |
| Population (P) – early childhood caregiver | caregivers | caregivers+ | caregiver |
| | parents | parents+ | carer |
| | child care personnel | child care providers+ | parent |
| | teachers | teachers, preschool+ | mother |
| | | | father |
| | | | guardian |
| | | | grandparent |
| | | | educator |
| | | | teacher |
| | | | preschool teacher |
| | | | kindergarten teacher |
| | | | nursery teacher |
| | | | early childhood educator |
| | | | ECE teacher |
| | | | early years practitioner |
| | | | childcare worker |
| | | | child care worker |
| | | | daycare worker |
| | | | child care provider |
| | | | childminder |
| | | | nursery nurse |
| | | | ECEC staff |
| | | | early years staff |
| Concept (C) – self-monitoring | self care | self care | self-monitoring |
| | self-assessment | self-assessment | self assessment |
| | self-control | self-control | self-assessment |
| | self-examination | self-examination | self examination |
| | self-management | self-management | self-examination |
| | | self-monitoring | self care |
| | | | self-care |
| | | | self control |
| | | | self-control |
| | | | self management |
| | | | self-management |
| | | | self observation |
| | | | self-observation |
| | | | self tracking |
| | | | self-tracking |
| Context (C) – early childhood health care intervention | child, preschool | child, preschool | early childhood education |
| | child care services | child care services | early childhood care |
| | day care centers | day care centers | childcare |
| | nurseries | nurseries | child care |
| | preschool education | preschool education | daycare |
| | kindergarten | kindergarten | day care |
| | parenting | parenting | nursery school |
| | health education | health education | preschool |
| | health promotion | health promotion | kindergarten |
| | early intervention (education) | early intervention | parenting program |
| | early intervention program | | early intervention program |
| | | | early learning program |
| | | | health education program |
| | | | health promotion program |

**1) MEDLINE (via PubMed) (1968–2025)**

| Search string | Result: Primary search (16/8/2025) | Result: Updated search (23/4/2026) |
|---|---|---|
| (<br>"Caregivers"[Mesh] OR "Parents"[Mesh] OR "Teachers"[Mesh] OR "Child Care"[Mesh]<br>OR caregiver*[tiab] OR parent*[tiab] OR educator*[tiab] OR teacher*[tiab]<br>)<br>AND<br>(<br>"Self Care"[Mesh] OR "Self-Assessment"[Mesh] OR "Self-Examination"[Mesh] OR "Self-Control"[Mesh] OR<br>"Self-Management"[Mesh]<br>OR "self-monitor*"[tiab] OR "self monitor*"[tiab] OR "self care"[tiab] OR self-assess*[tiab] OR "self assessment"[tiab]<br>OR "self-examin*"[tiab] OR "self control"[tiab] OR "self-controll*"[tiab] OR "self-track*"[tiab] OR "self track*"[tiab]<br>OR "self-manag*"[tiab] OR "self observation"[tiab] OR self-observ*[tiab]<br>)<br>AND<br>(<br>"Child, Preschool"[Mesh] OR "Child Care"[Mesh] OR "Day Care Centers"[Mesh] OR "Nurseries"[Mesh] OR "Pre-<br>school Education"[Mesh]<br>OR "Kindergarten"[Mesh] OR "Parenting"[Mesh] OR "Health Education"[Mesh] OR "Health Promotion"[Mesh]<br>OR "Early Intervention (Education)"[Mesh] OR "Early Intervention Programs"[Mesh]<br>OR preschool*[tiab] OR "pre-school*"[tiab] OR toddler*[tiab] OR "early childhood"[tiab]<br>OR "day care"[tiab] OR daycare[tiab] OR "child care"[tiab] OR childcare[tiab]<br>OR nursery[tiab] OR "preschool education"[tiab] OR kindergarten[tiab]<br>OR "early intervention program*"[tiab] OR "health education"[tiab] OR "health promotion"[tiab]<br>) | 4,877 | 5,161 |
| **Filters:** Document type included adaptive clinical trial, classical article, clinical conference, clinical trial, clinical trial protocol, controlled clinical trial, and randomized controlled trial; Language was restricted to English. | 667 | 702 |

**2) Scopus (1975–2025)**

| Search string | Result: Primary search (16/8/2025) | Result: Updated search (23/4/2026) |
|---|---|---|
| TITLE-ABS-KEY(<br>(caregiver* OR parent* OR educator* OR teacher*)<br>AND<br>("self-monitor*" OR "self monitor*" OR "self care" OR self-assess* OR "self assessment" OR "self-examin*" OR "self<br>control" OR "self-controll*" OR "self-track*" OR "self track*" OR "self-manag*" OR "self observation" OR self-ob-<br>serv*)<br>AND<br>(preschool* OR "pre-school*" OR toddler* OR "early childhood" OR "day care" OR daycare OR "child care" OR<br>childcare OR nursery OR "preschool education" OR kindergarten OR "early intervention program*" OR "health edu-<br>cation" OR "health promotion")<br>) | 4,505 | 4,789 |
| **Filters applied:** Document type included articles and conference papers; Source type included journals and conference proceedings; Language was restricted to English. | 3,701 | 3,939 |

**3) CINAHL (EBSCOhost) (run on August 17, 2025)**

| | Search string | Result | |
|---|---|---|---|
| | | Primary search (17/8/2025) | Updated search (23/4/2026) |
| 1 | ( (MH "Caregivers+") OR (MH "Parents+") OR (MH "Teachers+") OR (MH "Child Care Providers+") OR TI(caregiver* OR parent* OR educator* OR teacher*) OR AB(caregiver* OR parent* OR educator* OR teacher*) ) AND ( (MH "Self Care+") OR (MH "Self-Assessment+") OR (MH "Self-Examination+") OR (MH "Self-Control+") OR (MH "Self-Management+") OR TI("self-monitor*" OR "self monitor*" OR "self care" OR self-assess* OR "self assessment" OR "self-examin*" OR "self control" OR "self-controll*" OR "self-track*" OR "self track*" OR "self-manag*" OR "self observation" OR self-observ*) OR AB("self-monitor*" OR "self monitor*" OR "self care" OR self-assess* OR "self assessment" OR "self-examin*" OR "self control" OR "self-controll*" OR "self-track*" OR "self track*" OR "self-manag*" OR "self observation" OR self-observ*) ) AND ( (MH "Child, Preschool+") OR (MH "Child Care Services+") OR (MH "Day Care Centers+") OR (MH "Nurseries+") OR (MH "Preschool Education+") OR (MH "Kindergarten+") OR (MH "Parenting+") OR (MH "Health Education+") OR (MH "Health Promotion+") OR (MH "Early Intervention+") OR TI(preschool* OR "pre-school*" OR toddler* OR "early childhood" OR "day care" OR daycare OR "child care" OR childcare OR nursery OR "preschool education" OR kindergarten OR "early intervention program*" OR "health education" OR "health promotion") OR AB(preschool* OR "pre-school*" OR toddler* OR "early childhood" OR "day care" OR daycare OR "child care" OR childcare OR nursery OR "preschool education" OR kindergarten OR "early intervention program*" OR "health education" OR "health promotion") ) | 3,044 | 3,212 |
| | Filters applied: Source type included academic journals; Language was restricted to English. | 2,662 | 2,799 |

**4) Cochrane Library (CENTRAL)**

| | Search string | Result | |
|---|---|---|---|
| | | Primary search (17/8/2025) | Updated search (23/4/2026) |
| #1 | MeSH descriptor: [Caregivers] explode all trees | 17,864 | 19,268 |
| #2 | MeSH descriptor: [Parents] explode all trees | 33,651 | 35,353 |
| #3 | MeSH descriptor: [Teachers] explode all trees | 6,255 | 6,588 |
| #4 | (caregiver* OR parent* OR educator* OR teacher*):ti,ab,kw | 88,912 | 93,936 |
| #5 | #1 OR #2 OR #3 OR #4 | 90,677 | 95,766 |
| | | | |
| #6 | MeSH descriptor: [Self Care] explode all trees | 63,001 | 67,193 |
| #7 | MeSH descriptor: [Self-Assessment] explode all trees | 4,946 | 5,217 |
| #8 | MeSH descriptor: [Self-Examination] explode all trees | 760 | 793 |
| #9 | MeSH descriptor: [Self-Control] explode all trees | 2,075 | 2,198 |
| #10 | MeSH descriptor: [Self-Management] explode all trees | 12,929 | 13,847 |
| #11 | (self NEXT monitor*) OR "self care" OR self-assess* OR "self assessment" OR (self NEXT examin*) OR (self NEXT control*) OR (self NEXT track*) OR (self NEXT manag*) OR (self NEXT observ*):ti,ab,kw | 40,032 | 42,516 |
| #12 | #6 OR #7 OR #8 OR #9 OR #10 OR #11 | 77,089 | 82,132 |
| #13 | MeSH descriptor: [Child, Preschool] explode all trees | 50,624 | 51,968 |

| | Search string | Result | |
|---|---|---|---|
| | | Primary search (17/8/2025) | Updated search (23/4/2026) |
| #14 | MeSH descriptor: [Child Care] explode all trees | 51,548 | 54,040 |
| #15 | MeSH descriptor: [Day Care Centers] explode all trees | 6,602 | 6,899 |
| #16 | MeSH descriptor: [Nurseries] explode all trees | 290 | 293 |
| #17 | MeSH descriptor: [Education, Preschool] explode all trees | 5,238 | 5,477 |
| #18 | MeSH descriptor: [Kindergarten] explode all trees | 1,045 | 1,104 |
| #19 | MeSH descriptor: [Parenting] explode all trees | 6,753 | 7,138 |
| #20 | MeSH descriptor: [Health Education] explode all trees | 69,011 | 74,193 |
| #21 | MeSH descriptor: [Health Promotion] explode all trees | 19,523 | 20,836 |
| #22 | MeSH descriptor: [Early Intervention (Education)] explode all trees | 8,291 | 8,984 |
| #23 | ("early childhood" OR preschool* OR (pre NEXT school*) OR toddler* OR "day care" OR daycare OR "child care" OR childcare OR nursery OR "preschool education" OR kindergarten OR (early NEXT intervention NEXT program*) OR "health education" OR "health promotion"):ti,ab,kw | 83,688 | 87,409 |
| #24 | #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 | 171,829 | 180,964 |
| #25 | #5 AND #12 AND #24 | 6,632 | 7,049 |
| | **Filters:** Excluded Cochrane reviews (N = 1,060), editorial (N = 1), special collections (N = 3), and clinical answers (N = 18) | 5,550 | 5,834 |

**5) PsycINFO (APA PsycNet — Free Basic)**

| Search string | Result | |
|---|---|---|
| | Primary search (18/8/2025) | Updated search (24/4/2026) |
| (caregiver* OR parent* OR educator* OR teacher*)<br>AND<br>("self-monitoring" OR "self care" OR "self-assessment" OR "self-examination" OR "self-control" OR "self-tracking" OR "self-management" OR "self-observation")<br>AND<br>("early childhood" OR preschool* OR kindergarten OR "nursery school" OR "day care" OR daycare OR "child care" OR childcare OR "early intervention program" OR "health education" OR "health promotion") | 2,907 | 3,102 |
| **Filters applied:** Publication type included journal. | 2,438 | 2,637 |

**6) WHO Global Index Medicus (GIM)**

| Search string | Result | |
|---|---|---|
| | Primary search (18/8/2025) | Updated search (23/4/2026) |
| ((caregiver* OR parent* OR educator* OR teacher*)<br>AND<br>("self-monitoring" OR "self care" OR "self-assessment" OR "self-examination" OR "self-control" OR "self-tracking" OR "self-management" OR "self-observation")<br>AND<br>("early childhood" OR preschool* OR "pre-school*" OR "day care" OR daycare OR "child care" OR childcare OR nursery OR "preschool education" OR kindergarten OR "early intervention program" OR "health education" OR "health promotion")) | 319 | |
| **Filters applied:** Language was restricted to English. | 87 | 102 |

**7) Google Scholar**

| Search string | Result | |
|---|---|---|
| | Primary search (18/8/2025) | Updated search (23/4/2026) |
| Narrow (title focus):<br>intitle:(“self-monitoring”) AND (“early childhood” OR preschool OR “day care” OR “child care” OR “preschool education” OR kindergarten) AND (caregiver OR parent OR educator OR teacher) | 450 | 472 |
| Broader (discovery):<br>(“self-monitoring” OR “self care” OR “self-assessment” OR “self-examination” OR “self-control” OR “self-tracking” OR “self-management” OR “self-observation”)<br>AND<br>(“early childhood” OR preschool OR “day care” OR daycare OR “child care” OR childcare OR nursery OR “preschool education” OR kindergarten OR “early intervention program” OR “health education” OR “health promotion”)<br>AND<br>(caregiver OR parent OR educator OR teacher) | 19,000 | 19,100 |