



MSU Extension Presents: Building Early Emotional Skills Online Webinar Series

Class Information

Dates:

- October 30
- November 6
- November 13
- November 20

***Note:** This is a **FREE** series class and participants should plan on attending all four weeks.

Time:

7:30 PM - 9:00 PM
EST

Download Zoom:

[https://zoom.us/
download](https://zoom.us/download)

Location:

This class is an online webinar. The link to join the webinar will be sent after registration is complete.

Are you having trouble with biting, tantrums or the "terrible twos?" Building Early Emotional Skills (BEES) is a four-week class for primary caregivers of children 0-3 that teaches about how young children develop social emotional skills and helps give caregivers skills to deal with the stress of caring for children and help their children develop strong social emotional skills. BEES will help you learn about:

- Your child's temperament and stress
- Your triggers and how to manage them
- Being reflective about feelings and emotion coaching
- Reducing biting, conflict and frustration and handling tantrums
- Building a solid foundation for tomorrow



PARTICIPATION INFORMATION

Certificates for participation are provided upon completion of the series. In order to receive a certificate, participants must actively participate in the webinars. Contact instructor for more information.

REGISTRATION

https://msu.co1.qualtrics.com/jfe/form/SV_6yF1VKyqN3R8Doq

For information or accommodations* contact:

Courtney Aldrich, Program Instructor

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*Accommodations must be requested 2 weeks prior to start of series



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