



Building Early Emotional Skills (BEES) for Parents Webinar Series

Virtual Class Information

Dates:

Tuesdays

**Jan. 25, Feb. 1, 8,
15, & 22**

Time:

7:00PM-8:30PM

Registration:

[https://msu.zoom.us/
webinar/register/
WN_acoS_s-
qS4Wu9gMOhdNQog](https://msu.zoom.us/webinar/register/WN_acoS_s-qS4Wu9gMOhdNQog)



Parenting is challenging! Are you having trouble with biting, tantrums or the "terrible twos?" Building Early Emotional Skills or **BEES** is a FREE four-week class for parents and other primary caregivers of children 0-3 that teaches about how young children develop social emotional skills and helps give parents 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.

****Registration is required** please go to this link:

https://msu.zoom.us/webinar/register/WN_acoS_s-qS4Wu9gMOhdNQog

Instructors Contact Information:

Office: 810- 244- 8535

Anne O'Rourke-Bean orourke65@msu.edu