



# MSU Extension Presents: Online - Extension Extras Parenting Hour RELAX—Alternatives to Anger for Parents and Caregivers

## DATE:

January 7, 2025

## TIME:

8:00pm to 9:30pm

## FREE

## Download Zoom:

<https://zoom.us/download>

Registration: [https://msu.zoom.us/webinar/register/WN\\_Le\\_iCk-wSX-LjKwyxny6nA](https://msu.zoom.us/webinar/register/WN_Le_iCk-wSX-LjKwyxny6nA)



For more information or  
accommodations\*  
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## DESCRIPTION:

### January 7: RELAX - Alternatives to Anger for Parents and Caregivers

Everyone gets angry, including young children. RELAX for parents and caregivers explores the anger and strong emotions experienced by infants, toddlers and preschoolers. This workshop will help participants learn about the developmental stages in children's self-control and how parents and caregivers can assist children at each stage, learn about cortisol and our body's reaction to stress, and explore activities that can help with self-control.

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the joys, challenges and concerns of parenting. Participants will receive a certificate of attendance.

## HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

Registration: [https://msu.zoom.us/webinar/register/WN\\_Le\\_iCk-wSX-LjKwyxny6nA](https://msu.zoom.us/webinar/register/WN_Le_iCk-wSX-LjKwyxny6nA)

Choose January 7 to register for RELAX

**After registering, you will receive a confirmation email containing information about joining the meeting.**

\* Accommodations should be requested no later than 2 weeks before class

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