



## Building Early Emotional Skills (BEES) for Parents Webinar Series

### Class Information

#### Dates:

- November 3rd
- November 10th
- November 17th
- November 24th

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

#### Time:

**8:00 PM EST —  
9:30 PM EST**

#### 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 or BEES is a 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.

Participants have the option to attend and actively participate via computer or an app on a tablet or smartphone. Attendees can also listen to the presentation via phone (by calling in) but active participation is not possible over the phone due to the webinar format. Those who choose to call in are not eligible for certificates.

If multiple people in the same location want to participate in the webinar and need certificates, they have to join the webinar separately in order to each receive a certificate.

### **REGISTRATION:**

Register at: <http://bit.ly/NOVBEEES2020>

For information contact:

**Kylie Rymanowicz, Extension Educator**

**Email: [rymanow1@msu.edu](mailto:rymanow1@msu.edu)**