



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

DATE:

October 13, 2026

TIME:

7:30 PM - 9:00 PM

FREE

Download Zoom:

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

Registration:

[https://msu.zoom.us/
webinar/register/
WN_IFnjs5SPRiS2knx
45l4ePQ](https://msu.zoom.us/webinar/register/WN_IFnjs5SPRiS2knx45l4ePQ)



**For more information or
accommodations*
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DESCRIPTION:

October 13: 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 for Parents 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_IFnjs5SPRiS2knx45l4ePQ

Choose October 13 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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