



**The Kinship Care Resource Center and
MSU Extension Present: Online Lunch and Learn:
RELAX: Alternatives to Anger for
Parents and Caregivers**



Description:

**April 18: 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.

Kinship Caregiver lunch and learn workshops are a free Online series of workshops that provide guidance for caregivers of children as they navigate the joys, challenges and concerns of raising children.

After [registration](#) you will receive a confirmation email containing information about joining the program.



*Accommodations should be requested 2 weeks prior to class

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DATE:

April 18, 2025

TIME:

11:30am to 1:00pm

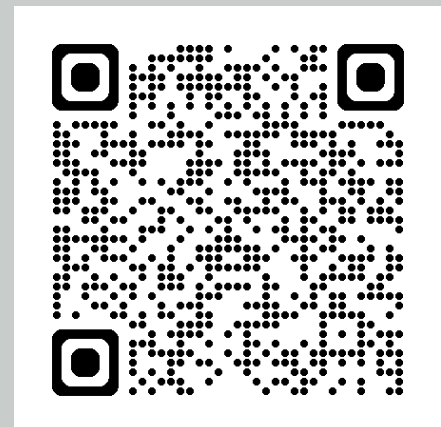
No Cost

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For information or accommodations* :
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