Building Early Emotional Skills (BEES)

Project Description

- BEES is an 8-week parenting program for parents and caregivers of children ages 0-3 years.
- The program is provided in online and face-to-face environments.
- The BEES curriculum addresses four areas of parenting through hands-on sequenced activities and group discussion.

Project Goals

- Support social and emotional development
- Strengthen parent-child relationships
- Support parents learning how their own experiences impact parenting

Participants

364 parents have participated in BEES. Face-to-face groups met in Saginaw County (blue area) and online offerings represent the green area. 71 of Michigan’s 83 counties had participants in the BEES workshops.

Assessing Parent and Child Outcomes

Parental outcomes include: parenting stress, parental beliefs about emotions in young children, knowledge of infant/toddler social-emotional development, parental responses to infants’/toddlers’ expressions of emotions.

Results and Impacts

Participants showed an increase in knowledge about parenting, positive attitudes about young children’s emotions and emotionally supportive parenting.

Participants showed a decrease in the rejection of children’s negative emotions and stress related to parenting particularly for parents with more depressive symptoms and those who perceive their children having more challenging temperaments.

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* This material is based upon work supported by the USDA NIFA under award No. 2013-41520-23939. Any opinions, findings, and conclusions or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the USDA NIFA. Prior work on BEES was funded by the Department of Health and Human Services, Administration for Children and Families, Grant No. 90YF005/01.

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