Building Early Emotional Skills

What is BEES?

- BEES is an 8 week parent support program
- Delivered in face to face and online formats
- For parents and caregivers of children 0-3
- Supports social and emotional development
- Strengthens parent-child relationships
- Supports parents learning how their own experiences impact parenting

Program Impacts

Preliminary results suggest

Increases in:

- Knowledge about parenting
- Positive attitudes about young children’s emotions
- Emotionally supportive parenting

Decreases in:

- The rejection of children’s negative emotions
- Stress related to parenting particularly for parents
  - with more depressive symptoms and
  - those whose perceive their children have more challenging temperaments

Curriculum Themes

- Building parental awareness
- Listening to & interacting with child
- Identifying & labeling emotions
- Developing behavior regulation strategies

Michigan Residents Served

Michigan State University Extension

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### Parents say the learned...

- "What my children’s behavior really means and the best way for me to handle it."
- "To stop throwing out empty threats."
- "The importance of talking about feelings and emotions."
- "How to deal with my child’s stress and tantrums."
- "That temper tantrums aren’t toddlers being bad!"
- "The importance of structure."

And so much more!

### BEES for Early Childhood Professionals

- A new 8-week series for early childhood professionals provides the same BEES course information to educators and other professionals working with young children. The course is offered both face to face and online. Participants receive certificates for training hours upon completion. Over 120 participants in 31 counties have participated in the pilot course.

### BEES Online

- BEES for Parents and BEES for Professionals are both offered in a self-paced online format through MSU’s Desire2Learn system. Participants have access to the same content as the face to face course, delivered weekly over eight-weeks. There is a guided chat forum for participant support and interaction.

### BEES Curriculum

- BEES was developed through a partnership between MSU Extension’s Children & Youth Institute and the Department of Human Development and Family Studies and funded by a USDA/NIFA Children Youth and Families at Risk grant.

### BEES Contact Information

- For information about BEES email earlychildhood@msu.edu