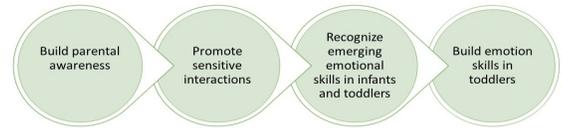




# Building Early Emotion Skills (BEES)

## Project Description

BEES is an 8-week parenting program for parents and caregivers of children ages birth to three years. The program is provided in online and face-to-face environments. BEES is funded through the USDA/NIFA's Communities Youth and Families at Risk (CYFAR) initiative. The program specifically serves parents and caregivers reflective of a low-income, at-risk population. The BEES curriculum addresses four areas of parenting through hands-on sequenced activities and group discussion.



BEES promotes four areas of parenting.

## Project Goals

The BEES study is examining how participation in the program is related to parenting skills and support for infants' and toddlers' early social-emotional development. An additional goal is to test the feasibility of virtual and face to face formats for program delivery.

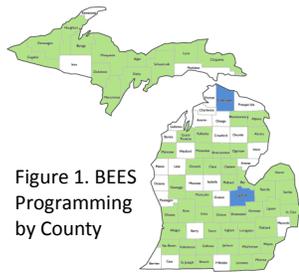


Figure 1. BEES Programming by County

## Participants

169 parents have participated in BEES. The mean ages of parents and children are 32 years for parents and 26 months for children. 50% of family incomes are below \$30,000 annually. 18% of parents have a high school degree or fewer years of education; 50% have some college or technical training; and 32% have a college education or greater.

Face to face groups meet in the Saginaw and Cheboygan areas (blue in Figure 1). Online offerings reach parents and caregivers in most every county in Michigan (green in Figure 1).

## 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, and, the CYFAR common parenting measure.

## Preliminary Results to Date

Programming and data collection are ongoing. Results to date suggest positive associations between the participating in the program and parenting in three areas:



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