

# Building Early Emotional Skills

## What is BEES?

8 week parent support program

Designed for parents & caregivers of children 0-3

Participants must meet specific risk factors

### Project Goals

Support development through a set of sequenced activities

Test different program delivery systems

Test curriculum for strengthening early emotional skills in infants and toddlers

### Curriculum Themes

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

### Program Sites

- Rural face-to-face: Cheboygan County
- Urban face-to-face: Saginaw County
- Interactive online format: Available statewide

## Program Impacts

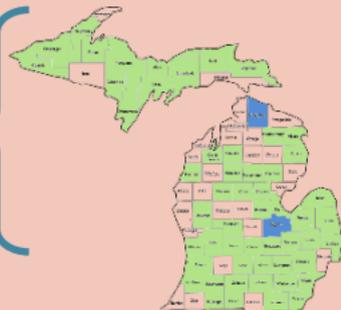
Preliminary results suggest positive links between BEES and:

Parenting functioning

Knowledge about early childhood social-emotional development

Quality of parenting, including emotionally supportive parenting

Residents Served



# Building Early Emotional Skills

## Contact Information

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## About BEES

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.

## Online Information

BEES is hosted in the eXtension online campus using the Moodle platform. Participants gain access to one week of content at a time, and have an on-going chat forum for discussion. Participants cite the chat forums and ability to re-play lessons as particularly helpful.

## Parents say they 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!