



Building Early Emotional Skills (BEES) for Early Childhood Professionals

Course Syllabus

Overview

BEES for Early Childhood Professionals is an opportunity to learn more about how children develop important social emotional skills, and how you can help them learn to understand and express their emotions appropriately. In this course we will talk about dealing with your stress as a caregiver and handling tantrums, biting and other troublesome behaviors of young children. We will learn about the important role you play in helping young children feel safe and secure as they learn to navigate their strong emotions. The course is approved for 8 training hours through the Michigan Registry (MiRegistry) System.

Course Outcomes

- Build and enhance caregiver awareness of their own emotions.
 - Learn to listen to and interact with young children to encourage sensitive, responsive caregiving in support of a warm, secure relationship between provider and a child.
 - Practice identifying and labeling emotions and supporting a child's awareness and understanding of their feelings.
 - Support developing behavior regulation strategies designed to help caregivers recognize and support children's emerging strategies to manage feelings and behaviors.
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Course Content

The BEES for Early Childhood Professionals course consists of eight weekly units. Each week includes videos, discussion forums and exploratory activities and assignments. The discussion forums give participants the opportunity to share their thoughts on the content, ask questions and interact with both their classmates and the course instructor. There are no right or wrong answers on the discussion forums, they are simply a place to share perspectives, pose questions and learn from each other. Within each weekly unit are activities and assignments that reinforce concepts featured in the videos and workbook materials. There are four content quizzes in the course. Quizzes are short, concise, and directly related to the course content.

Participant Expectations

The BEES for Early Childhood Professionals course is offered over an eight-week timeframe. Once the course begins, each consecutive unit will open each week of that 8-week timeframe. Each Monday at 12:00 AM EST, you will gain access to a new weekly unit. The course site will be available 24 hours a day, 7 days a week, so you are able to login and work on the course content and requirements at your own pace.

Course instruction will be provided via Michigan State University's Desire2Learn (D2L) course management interface. Each of the weekly units will take approximately an hour to complete. The course is approved for 8-hours of training credit in the MiRegistry. It is encouraged that you will complete all course work for the assigned week in that same week, however, we understand that is not always possible and expect that participants will complete the units in a timely manner. Each week a new unit will become available in D2L. You will not have access to the units all at once until the end of the course. You are required to complete all the weekly content to receive a completion certificate. Once a course unit is open to view, it will remain open until the end of the course. In addition to the course requirements, participants must complete at least 75% of the 8 training hours being logged into the system. Meaning, participants





need to have at least 6 hours logged in the online system and complete all course requirements to get a completion certificate. *No partial training hours are given for this course. If participants do not complete all the requirements, no training hour credit will be received.*

Course Schedule

Week	Topic	Description
<i>Building Caregiver Emotional Awareness</i>		
1	Caregiver Stress and Temperament	Learn about the concept of temperament, your temperament and stress.
2	Child’s Temperament and “Fit” Between Caregiver and Child Temperament	Learn about children’s temperament and how it fits with your temperament style. Learn ways to boost “fit” if there are areas of difference.
3	Triggers and Managing Feelings	Learn about triggers and how to model positive behaviors.
<i>Listening to and Interacting with Young Children</i>		
4	Being Reflective About Children’s Feelings and My Feelings	Learn how to take a child’s perspective, what emotions infants and toddlers feel, infant and toddler cues, how to think about a child’s behavior and how to reframe challenging situations.
<i>Identifying Feelings and Labeling Emotions</i>		
5	Emotion Coaching – Responding to Children’s Feelings	Learn about emotion coaching and how to implement emotion coaching.
<i>Developing Behavior Regulation Strategies</i>		
6	Reducing Biting, Conflicts and Frustrations	Learn the reasons infants and toddlers bite, identify cues that suggest challenging behaviors are coming and learning how to notice emerging emotional skills in children.
7	Handling Tantrums	Learn tantrum triggers and how to support young children during a tantrum.
8	Building a Solid Foundation for Tomorrow	Learn how to increase a child’s emotional piggy bank, recognize the link between caregiving today and a child’s tomorrow and learn about getting back on track with a child.

Course Requirements

To receive a completion certificate for training hours you are required to complete the following:

- Complete the BEES Pre-Course Survey
- Visit, review and complete all the weekly content for the overview & introduction module and all eight course units.
- Log at least 6 hours participating in the online course.
- Post one individual response to the prompt question in the weekly discussion forum for each unit.
- Respond to at least two classmates’ posts in the weekly discussion form for each unit.
- Complete the individual content quizzes with at least an 80% score (quizzes can be taken multiple times)
- Complete the BEES Post-Course Survey



Technology Requirements

The course will contain links to other websites and documents, some of which are in PDF format. It is recommended that you have the latest version of [Adobe Acrobat Reader](#) installed on your computer. You should have a high-speed internet connection and close all other windows and program prior to entering the course. The course utilizes Michigan State University's D2L interface, and it is recommended you perform a [systems check](#) to ensure the necessary software is on your device. The course is compatible with mobile devices such as tablets and phones, however, content may be harder to view in full screens.

Course Policies

- **Your participation:** It is expected for each week, you will visit, review, and participate in the weekly content and assignments, actively participate in the discussion forums, complete all required quizzes with an 80% score or higher, and complete the pre and post course surveys. Log at least 6 hours of time spent in the online system on the course. These activities ideally will be completed in the week they are scheduled, however, to receive a completion certificate, they must be completed by the official course end date.
- **Desire2Learn Code of Conduct:** MSU expects that you will respect the rights of faculty and other students as you participate in the educational process. Participating in a D2L course means that you may have access to personal information and academic work produced by other students and faculty members, such as discussion board postings and other work produced in the course. Academic norms and MSU policy require that you must not reveal any information about classmates, course work content, or its authors to anyone outside the course. Course materials may be shared with permission from the instructor.

Course Instructor and Interaction

- **Interaction from Instructor:** The self-paced, online nature of this course allows for online communication with course instructors through facilitated discussion forums as well as individual emails as necessary. To contact the instructor, please either send an email through the D2L site or to kmoyses@msu.edu for questions. The instructor will respond within 24 hours. If there is a question in the discussion forum that is specific to the instructor, please email the instructor directly.



For enrollment, content, and class questions, please contact

Kendra Moyses
Senior Extension Educator
kmoyses@msu.edu



For technical questions, please contact:

Alan Pilkenton
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Coordinator pilkento@msu.edu

