

# 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

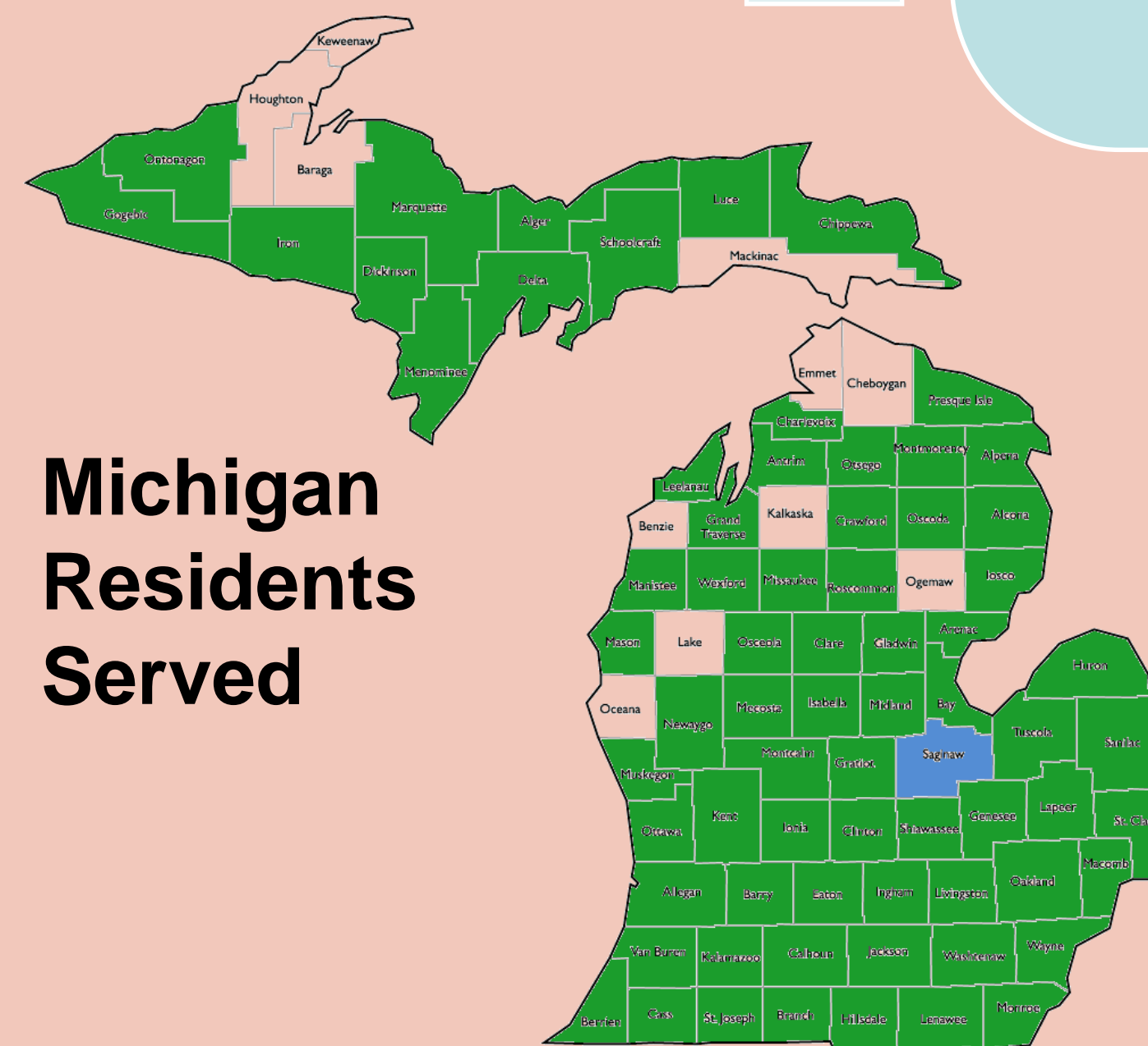
Increases in:

Knowledge about parenting  
Positive attitudes about young children's emotions  
Emotionally supportive parenting

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

Decreases in:



Michigan Residents Served

## Curriculum Themes

Building parental awareness

Listening to & interacting with child

Identifying & labeling emotions

Developing behavior regulation strategies

# Building Early Emotional Skills

## 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!

## 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](mailto:earlychildhood@msu.edu)