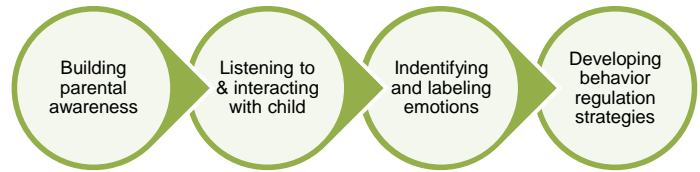




# Building Early Emotional Skills (BEES)

## Project Description

- BEES is an 8-week parenting program for parents and caregivers of children ages 0-3 years.
- The program is provided in online and face-to-face environments.
- The BEES curriculum addresses four areas of parenting through hands-on sequenced activities and group discussion.

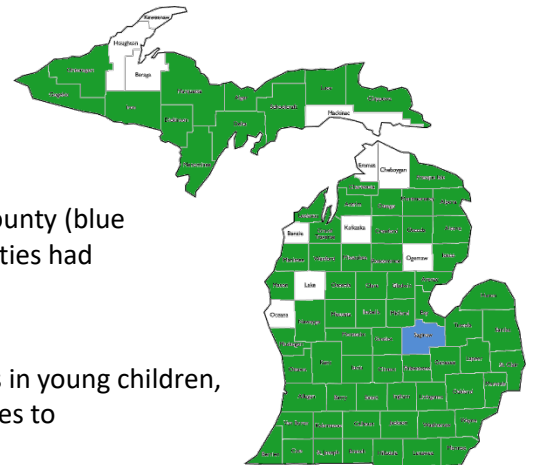


## Project Goals

- Support social and emotional development
- Strengthen parent-child relationships
- Support parents learning how their own experiences impact parenting

## Participants

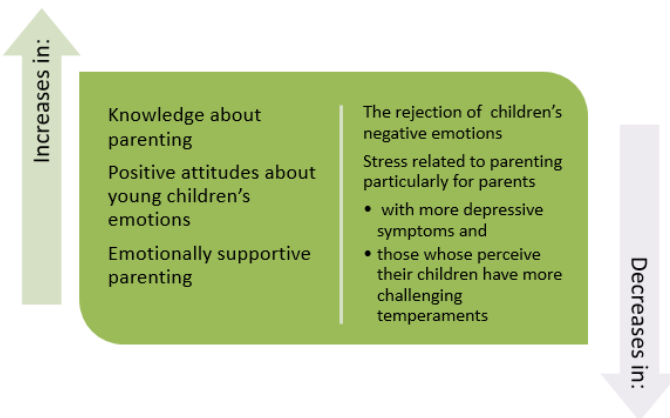
364 parents have participated in BEES. Face-to-face groups met in Saginaw County (blue area) and online offerings represent the green area. 71 of Michigan’s 83 counties had participants in the BEES workshops.



## 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.

## Results and Impacts



Participants showed an increase in knowledge about parenting, positive attitudes about young children’s emotions and emotionally supportive parenting.

Participants showed a decrease in the rejection of children’s negative emotions and stress related to parenting particularly for parents with more depressive symptoms and those who perceive their children having more challenging temperaments.

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