



Online RELAX: Alternatives to Anger For Parents and Caregivers

DATE:

Monday
March 23, 2020

TIME:

6:00 pm to 7:00 pm

FREE

Download Zoom:

<https://zoom.us/download>

Facilitators:

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DESCRIPTION:

Early childhood is one of the ideal times to teach concepts of self-control and seeing how our behaviors affect those around us. During this workshop we will:

- Discuss anger and strong emotions in infants, toddlers and preschoolers.
- Learn developmental stages of self-control and how to assist children at each stage.
- Talk about what cortisol is and does.
- Explore children's literature that around topics of self-control and strong emotions.
- Learn about RELAX: Alternatives to Anger that can help all of us as we live, love and work with young children.

Register in advance for this class:

<https://msu.zoom.us/meeting/register/u5Ykc-isgDwqPyInwt7pN7XB9llaGSQwig>

After registering, you will receive a confirmation email containing information about joining the meeting.

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