



MSU Extension Presents: Online - Extension Extras for Professionals **RELAX—Alternatives to Anger for Parents and Caregivers**

DATE:

September 25, 2026

TIME:

1:00 PM - 2:30 PM

FREE

Download Zoom:

[https://zoom.us/
download](https://zoom.us/download)

Registration:

[https://msu.zoom.us/
webinar/register/
WN_SzbuvByZSUiHi0
uuzEycGw](https://msu.zoom.us/webinar/register/WN_SzbuvByZSUiHi0uuzEycGw)



**For more information or
accommodations*
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DESCRIPTION:

September 25: RELAX - Alternatives to Anger for Parents and Caregivers

Everyone gets angry, including young children. RELAX for parents and caregivers explores the anger and strong emotions experienced by infants, toddlers and preschoolers. This workshop will help participants learn about the developmental stages in children's self-control and how parents and caregivers can assist children at each stage, learn about cortisol and our body's reaction to stress, and explore activities that can help with self-control.

Extension Extras for Professionals is a collection of free online series of childcare workshops that provide guidance for early childhood professionals and caregivers of young children. Trainings are eligible for MIRegistry hours.

HOW TO REGISTER:

Register in advance for any of the Extension Extras webinar workshops at the following link:

https://msu.zoom.us/webinar/register/WN_SzbuvByZSUiHi0uuzEycGw

Choose September 25 to register for RELAX

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

*** Accommodations should be requested no later than 2 weeks before class**

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