Hello Everyone!

To learn more about MBP Education please visit www.mpbonline.org/education and http://www.mpbonline.org/kids/. Also, visit our social media platforms on Instagram and Facebook.

Empee Bee
The MPB Education Department has had a busy month in January!

Staff members of the MPB Education Department had an eventful January! We started out 2020 by hosting three events and participated in one. Those hosted events included Workforce Wednesday with guest speaker Executive Director of the Mississippi Economic Council Scott Waller, Parents are Teachers Too training and AHA! Island Computational Thinking training for Preschool Teachers. We participated in the 2020 Annual ERC Health Fair and Ed Said tagged along. Below are photos from each event!

6 Steps to Help Your Child Develop Self-Control Skills

By: Jennifer S. Miller, MEd.

“I call base!” my son would say frequently after he was introduced to the game of tag. If he wanted to end the tickling or stop the chasing, he would claim a piece of furniture or the staircase banister as his safe haven. No one could touch him there. And he relished in the power and security it afforded him.

In the Parenting Minutes video on Sharing Feelings, Helena and Andrew created a safe zone at bedtime for their daughter Liya in which they could talk about any feelings she’d experienced that day. They offered their empathy without judgment as a way of settling down and reflecting on the day. That opportunity gave Liya practice with identifying and articulating her feelings and honing her ability to practice self-control. When these skills are practiced at home, children are more likely to internalize them and use them at school to aid in focusing on the learning at hand.

To read the full article, please visit:
https://www.pbs.org/parents/thrive/6-steps-to-help-your-child-develop-self-control-skills

For information about PBS KIDS please visit
https://www.pbs.org/parents/page/about
With hearts and flowers all over the place, what’s not to love about Valentine’s Day? Valentine’s Day is a great time to celebrate love with family and friends. Spend time with your loved ones by making homemade cards, decorations and other crafts together. For more cards to download, visit https://www.pbs.org/parents/page/valentines-day.