



## Free Virtual Family Workshops & Parent Pages Newsletter

### Nurturing Your Child's Temperament

Develop an understanding on how you can best support your little one based on their temperament.

Every child is unique in their own special way, but did you know that children are born with distinct ways of thinking, feeling and behaving? Some may be curious while others are more cautious, some may be outgoing while others are timid. This 'wiring' is called temperament and it's an important part of how your child reacts to the world. Join us for an engaging discussion on child temperament and leave with understanding on how you can best support your little one no matter what temperament they possess. This workshop is geared towards caregivers of children birth to five years old.

**Tuesday, February 7 | 7:00 p.m. to 8:00 p.m.**

### Nothing I Do Works:

#### A Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research-based approach that considers all the factors that impact a child, family and a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

**Wednesday, February 15, 7:00 to 8:00 p.m. Free Virtual Workshop.**

### Preparing for Child Care —Planning for This Big Transition

Starting child care is a big step for a child and the family. There are a range of emotions such as excitement and nervousness. Join us for an informative workshop that will help ease your worries by providing strategies on how to prepare your child for this new stage and to help with a positive transition. Leave the workshop knowing the steps you can take and how to best partner with your child's provider.

**Thursday, February 16, 7:00 p.m.**

## Howard County Office of Children and Families

[www.howardcountymd.gov/family-institute](http://www.howardcountymd.gov/family-institute)



**To view and register, visit the  
website (use QR code)**

### Family Workshops

[Click on the Family Institute](#)

### Newsletter

[Click on Parent Pages](#)

**For assistance with registering, call  
410-313-5992 (voice/ relay) or email  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)**



### **Brain Builders: Infant Years**

#### **Optimizing Your Infant's Early Brain Development from Birth to 18 months**

Babies are primed to start learning from the day they are born and there is much science about this critical time in their development. Through this workshop, parents and caregivers will gain an understanding of their infant's developing brain and how simple daily interactions and activities are the learning moments that support those brain connections. Learn more about how creating a secure attachment with your baby helps to create effective learning pathways. Explore the many resources in the community that will support your family on this developmental journey to help ensure that your baby starts off with a healthy and strong beginning.

**Tuesday, February 21, 7:00 to 8:00 p.m.**

### **Positive Solutions for Families**

A six-session, evidenced-based, virtual parent training to help increase parents and caregiver's knowledge and understanding of how to promote children's social and emotional skills, address challenging behaviors, and use positive approaches to help children manage big emotions. The skills parents learn through this will support lifelong social-emotional and mental health needs of children. Parents will:

- understand why a child behaves the way they do and how to respond to it
- meet with other parents to share successes and struggles
- learn new ideas and receive **FREE resources** and access to the OCF Resource Room

These sessions will give information on key strategies that may be used with all children. Each session introduces several new ideas and skills, so attendees are strongly encouraged to attend all six sessions. The target age for families is children up to the age of 9.

**Mondays: February 13, 27 | March 13, 27 | April 10, 24 / 7:00 to 8:30 p.m.**