



Thrive By Five

A Family Institute Essential Parent Conference

Saturday November 16

8:00 AM TO 1:00 PM

North Laurel Community Center

9411 Whiskey Bottom Road, Laurel 20723

CONFERENCE PROGRAM

 Howard County Office of
Children and Families
Department of Community Resources and Services
www.howardcountymd.gov/children


**The Family
Institute**
A PARENT EDUCATION PROGRAM
Howard County Office of Children and Families



A MESSAGE FROM

Calvin Ball, Howard County Executive

*Welcome to Howard County's first **Thrive by Five** parent conference. As parents, we want our children to have the best opportunities for education and success. That path begins with us at home even before their first day of school. Today is about offering you the tools to lay a solid foundation for your child's learning habits, skills and expectations. These lessons and the regular interactions with you will shape their positive development and set a course for a lifetime of learning.*

I commend this effort by our Office of Children and Families and The Family Institute to ensure that our kindergartners are ready when they walk into school for the first time. Thank you for partnering with us to make our community and our future stronger.



A MESSAGE FROM

Jackie Scott, Director

DEPARTMENT OF COMMUNITY RESOURCES AND SERVICES, AND

Erin Bonzon, Administrator

OFFICE OF CHILDREN AND FAMILIES

***Thrive By Five** is the first Howard County conference offered by the Office of Children and Families specifically for parents. We recognize that you are your child's first and best teacher and that your early support is essential to your child's success for lifelong learning.*



We hope today's activities help you gain a greater understanding of how important these early interactions are, and that you leave feeling energized, connected and supported to help your children thrive.

As the Department of Community Resources and Services, we work each day to improve the lives of individuals and families across the life span. We are committed to ensuring a strong start for all children. Together with you as our partners, we are confident that we can provide children and families with what they need to grow, thrive and live with dignity.



Department of Community Resources and Services

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THRIVE BY FIVE IS PRESENTED
IN PARTNERSHIP
WITH



HORIZON FOUNDATION



Thrive By Five

A Family Institute Essential Parent Conference

PROGRAM AGENDA

8:00 to 9:00 a.m..... Registration • Breakfast • Visit Community Tables

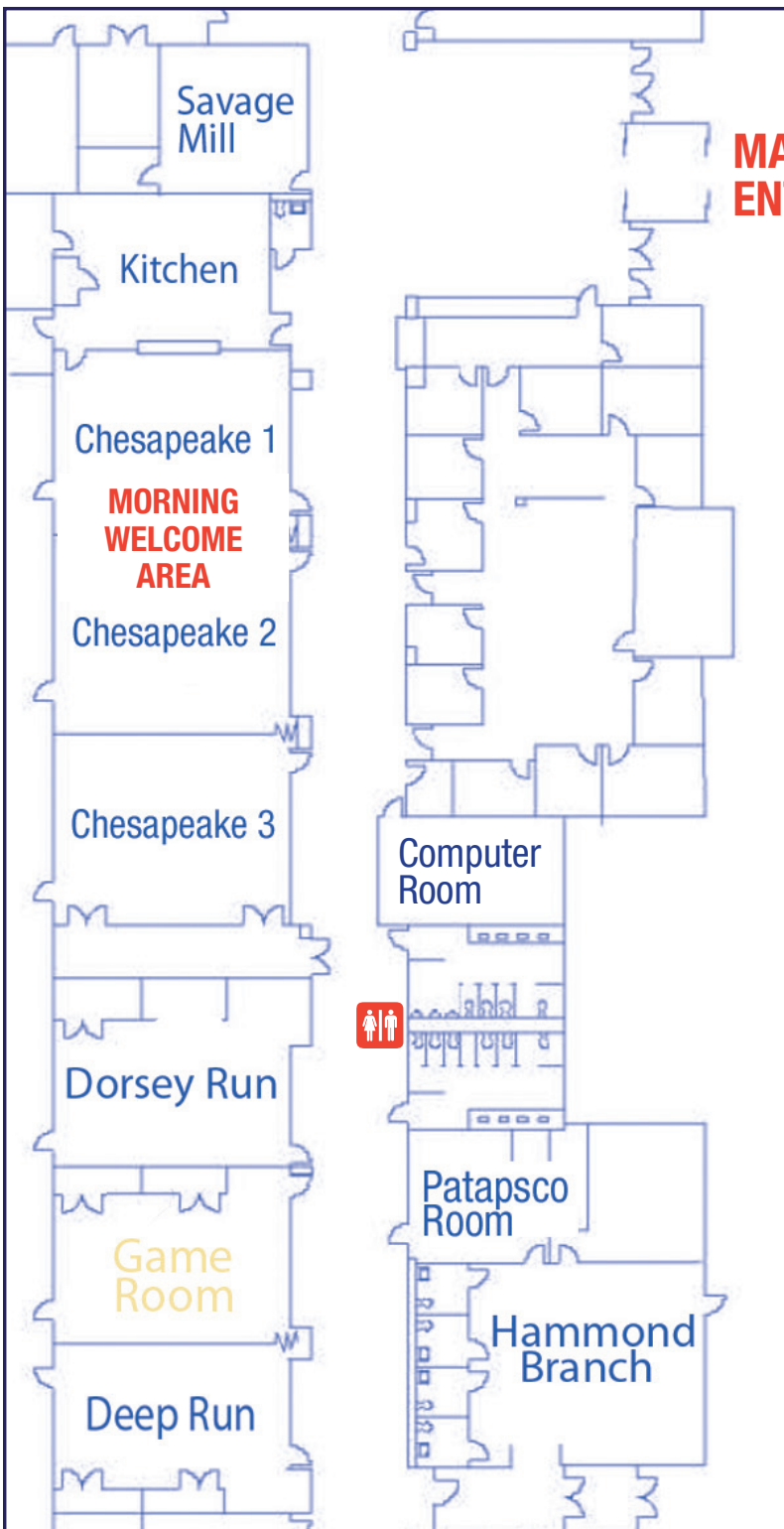
9:00 a.m..... Welcome — Chesapeake Room
Introduction by Jackie Scott, Director,
Department of Community Resources and Services
Welcome Address
Calvin Ball, Howard County Executive
Keynote Address by Frank Kros
The Basics of Building Great Brains

10:15 to 10:35 a.m. and
10:45 to 11:05 a.m. 20-Minute Mini Sessions (choose TWO sessions)
Cooking with Kids — Hammond Branch Room
Yoga Teamwork: The Secret Ingredient — Savage Mill Room
Talk With Me Howard County* — Dorsey Run Room
Habla conmigo Condado de Howard** — Dorsey Run Room
Learning Resources Galore! — Chesapeake 2
Stop, Drop and Groove — Deep Run Room
What We Say to Strengthen Thinking Skills* — Chesapeake 3
Make 'n Take Visual Schedules — Patapsco Room

**Session offered at 10:15 only ** Session offered at 10:45 only*

11:15 a.m. to 12:15 p.m. One-Hour Break-Out Sessions
The Resilience Code — Chesapeake 3
Importa Lo Que Usted Hace — Patapsco Room
Behavior Basics — Chesapeake 2
Worries, Concerns and Apprehensions — Dorsey Run Room

12:15 p.m. Lunch • Give-Aways



**MAIN
ENTRANCE**

NORTH LAUREL COMMUNITY CENTER

GENERAL FLOORPLAN

COMMUNITY TABLES

- Howard County Health Department
- Howard County Public School System — Early Intervention
- Maryland College Savings Plan
- Launch Into Learning: Ready Rosie/Talk With Me
- Grassroots
- LOCATE Child Care
- Maryland Excels
- Maryland Families Engage
- Howard County Office of Children and Families
- Howard County Library System
- Mediation & Conflict Resolution Center
- CAC Community Action Council

PROGRAM INFORMATION

THE BASICS OF BUILDING GREAT BRAINS

Frank Kros, KrosLearning Group

9:00 a.m. • Chesapeake Multipurpose Room

Adults are often overwhelmed with advice about caring for and educating young children. Internet sites and social media provide hundreds of opinions on what parents, caretakers and educators “should do” to cultivate healthy and happy young brains. But the foundational needs of a great young brain are well-established in research.

This session will share with participants the four pillars for building that solid foundation:

- 1) How to provide children the best kind of emotional support;
- 2) When and how to deliver effective brain stimulation;
- 3) How to create and strengthen positive habits and;
- 4) What to worry about and when to relax.

You will be empowered with knowledge and skills to help you focus on the right things at the right time to build great brains!

20 MINUTE BREAKOUT SESSIONS

Choose TWO Sessions to Attend

10:15 to 10:35 a.m. and 10:45 to 11:05 a.m.

✳️ **COOKING WITH KIDS** • HAMMOND BRANCH ROOM

**Razan Sahuri, Food Supplement Nutrition Education Program,
University of Maryland Extension – Howard County**

Cook together. Eat together. Talk together. Make mealtime a family time. One way to help children learn to eat well is by teaching them how to cook. Gain some easy tools to involve your child in the preparation of the family's food. It may encourage them to try new foods and grow their palate!

✳️ **YOGA TEAMWORK: THE SECRET INGREDIENT** • SAVAGE MILL ROOM

Joseph Murray and Valencia Wood, IO Workshop

Focus on teamwork and how it can help each family member to meet and breakthrough everyday challenges. Participants will learn basic stretches, breathing techniques and mindfulness tools.

✳️ **TALK WITH ME HOWARD COUNTY** • DORSEY RUN ROOM

Bonnie Bricker, Talk With Me Howard County

Offered only at 10:15 a.m. — Simple. Easy. Powerful. Easy back and forth conversations with your child through daily routines have amazing benefits for your children's brain for the rest of their lives. Learn the key elements of **Talk With Me** and sign up for **Ready Rosie** and **Read With Me** to help your child to have a great start in school ... and life!

✳ HABLA CONMIGO CONDADO DE HOWARD • DORSEY RUN ROOM

Carmen S. Alverio, County Diagnostic Center

Ofrecido sólo a las 10:45 a.m. — Sencillo. Fácil. Impactante. Las conversaciones fáciles y continuas con su hijo a través de las rutinas diarias tienen beneficios extraordinarios para el cerebro de sus hijos por el resto de sus vidas. Aprenda los elementos claves de **Talk with Me** (Habla conmigo) e inscribese en **Ready Rosie** y **Read With Me** (Lee conmigo) para ayudar a su hijo a tener un gran comienzo en la escuela ... ¡y en la vida!

✳ LEARNING RESOURCES GALORE! • CHESAPEAKE 2

Tanya Malveaux, Howard County Library System

Today's libraries offer so much more than books! Explore and learn about Howard County Library System's educational toys, Launchpads, e-content, children's classes and more. Bring your library card or apply for one at the conference to check out any of the library's featured resources.

✳ STOP, DROP AND GROOVE • DEEP RUN ROOM

Aisha Masood

Music can boost your mood, reduce stress and improve sleep; all things that are good for children's development. So join in to warm-up, move and cool down with musical favorites that you can share with your child.

✳ WHAT WE SAY TO STRENGTHEN THINKING SKILLS • CHESAPEAKE 3

Frank Kros, KrosLearning Group

Offered only at 10:15 a.m. — Good thinking skills come from the way adults talk to children. What adults say and how they say it powerfully shapes how children think and feel. In this session, participants will learn what to say and how to say it to develop the best possible thinking skills in children. Equally important, participants will learn what not to say to young children. Each participant will receive a **Say This, Not That Guide** to help you say the right thing to children to help them grow great thinking skills.

✳ MAKE 'N TAKE VISUAL SCHEDULE • PATAPSCO ROOM

CARE Center
Howard County Office of Children and Families

The key to smooth transitions and avoiding meltdowns is including children in the process. A tried and true way to do that is to use a visual schedule. Join this session to learn how a visual schedule can help streamline your daily routine. Attendees will create their own individual schedule before the end of the session.

BREAK OUT SESSIONS

11:15 a.m. to 12:15 p.m.

THE RESILIENCE CODE: YOUR CHECKLIST FOR BUILDING RESILIENCE • CHESAPEAKE 3

Frank Kros, KrosLearning Group

This session will share the practical steps adults can take to assure healthy development of mental and behavioral health in young children. Resilience is the antidote to adversity in childhood. Helping children build resilience is made easy with this five-step template known as the Resilience Code. You can use the Resilience Code to evaluate a child's resiliency needs and to make a practical plan for building resilience each day. Resilience may be the best gift an adult can give a child; learn how to "do resilience" with the Resilience Code.

IMPORTA LO QUE USTED HACE • PATAPSCO ROOM

Jacqueline Flores
Howard County Public School System

¡Usted sabe más sobre su hijo que cualquiera! Pero habrá momentos en que se pregunta sobre lo que está pasando en el cerebro de su hijo... sobre lo que está pasando con su desarrollo... sobre las cosas que pueden hacer juntos para ayudarlo a crecer y aprender. aprenderá sobre cómo el juego y las interacciones cotidianas contribuyen al desarrollo de su hijo. Habrá momentos para compartir sus propias experiencias, hacer preguntas y probar actividades que pueden hacer juntos en el hogar.

BEHAVIOR BASICS • CHESAPEAKE 2

Rebecca Schaefer
Howard County Office of Children and Families

Learn how to teach your child new skills to replace challenging behaviors, how to set the stage to decrease negative behaviors from happening in the first place and what to do when they do occur. Get resources that you can use immediately that will help you feel more confident in your parenting.

WORRIES, CONCERNS AND APPREHENSIONS • DORSEY RUN ROOM

Dawn Duignan, LCSW-C

Even in the preschool years, friends, reactions to negative experiences, or just the anticipation of something happening can overwhelm a child. With all of these everyday occurrences, many parents report about the anxiety and stress that it puts on their child and the entire family. Review signs, how to identify what is causing your child stress and learn techniques to help them process through their worries.

NOTES



If you need this information in an alternate format, contact the Howard County Office of Children and Families at 410-313-1940 (voice/relay).