

January means New Year's Resolutions and this issue is filled with information on where to learn more to support the topics that you are interested in as a parent.
When you know more, you can do better!

The Howard County Family Institute

Visit the [Family Institute web page](#) to see the workshop calendar for families.

Behavior Basics and Managing Meltdowns Do tantrums, power struggles and misbehavior make daily life difficult in your household? Leave this two part workshop with skills and resources that you can use immediately that will help you feel more confident in parenting your one to six year old. **Saturday, February 1 & 8, 9 a.m. to noon at 9830 Patuxent Woods Dr., Columbia 21046.** Register [here](#).

The Family Institute

Host a workshop at your school or organization. Contact us today.

THE HOWARD COUNTY **Child Care and Preschool INFORMATION FAIR**

**Saturday, February 1, 2020
1:00 to 4:00 PM**

FREE ADMISSION!

We ask that you bring a non-perishable food item(s) or an unopened donation of diapers for the Howard County Food Bank

Ten Oaks Ballroom
5000 Signal Bell Lane, Clarksville, MD 21029

BACK BY POPULAR DEMAND!
Parents as Teachers will present a brief, informational session on **How to Choose an Early Childhood Program** beginning at 12:30 p.m.

Get the latest information on Family Child Care • Child Care Centers • Preschools • Infant Programs • Summer Camps • Play Groups • School-Age Programs Co-op Nursery Schools and more!

 Howard County Office of
Children and Families

Department of Community Resources and Services
www.howardcountymd.gov/children

If you need accommodations to participate, contact the office no later than January 24. If you need this information in an alternate format, call 410-313-1943.

410-313-1940 (VOICE/RELAY) • children@howardcountymd.gov

The Child Care and Preschool Information Fair is designed to provide parents one location to learn about Howard County programs. Parents as Teachers offers information sessions to help parents before they start their journey. **Attend the 12:30, 1:30 or 2:30 p.m. session to learn what to look for in a quality child care program.** Registration is not required, but encouraged, [click here to register](#). For additional information about early care and education:

Selecting a Child Care Program
from Childcare Aware

Five Elements of a Good Preschool
article/video from the Hechinger Report

LOCATE Child Care A service to help find a licensed child care or preschool in Maryland.

Need Help Paying for Child Care?

Are you working, in school or participating in an approved training

program? Then you may be eligible for the Child Care Scholarship Program (CCS, formerly child care subsidy). The program provides financial assistance with child care costs to eligible working families in Maryland. To find out if you're eligible contact: **CARE Line at 410-313-2273** or **CCS Central 1-866-243-8796** or visit <http://money4childcare.com/>.

(Click on the chart to the right to download a printable flier)

Maryland Child Care Scholarship

Do you need help with the cost of child care?

You may be eligible for financial assistance if:

- You are a resident of Maryland;
- You are working; attending school, participating in an approved activity, or Receiving Temporary Cash Assistance;
- You are receiving or pursuing voluntary or court-ordered Child Support from an absent parent; and
- You meet all other program requirements.

HAVE YOU APPLIED FOR A CHILD CARE SCHOLARSHIP?

For More Information Contact
Child Care Central at
1-866-243-8796



Maryland Child Care Subsidy Program



A Child's First Scholarship

Family Size	Gross Countable Income
Family of 2	\$48,637
Family of 3	\$60,081
Family of 4	\$71,525
Family of 5	\$82,969
Family of 6	\$94,413
Family of 7	\$96,558
Family of 8	\$98,704
Family of 9	\$100,850
Family of 10	\$102,996

Howard County Dads

is on a mission to connect and empower dads in order to promote fatherhood involvement in and around Howard County. From dad-only meetups to family-friendly playgroups, our nonprofit advocacy group is improving the well-being of families by promoting proactive fathers in the community. Learn more and subscribe to the newsletter at HowardCountyDads.com



Upcoming Events:

Library Playgroup: January 11, 2:30 p.m. Elkridge Library Play, read, hangout with your kid (all ages)

Poker Night: Jan 18. Play cards or just kick it to decompress with dads. Details may change, see updates at howardcountydads.com/events

"Thank you for putting these (Parent Pages) together. Throughout, they've been helpful in engaging our families in deeper discussions about parenting strategies and struggles."

-- Josh Benson, Howard County Dads Inc.

Gratitude is Good for the Brain!

Five benefits associated with gratitude are: reduced pain levels, reduced anxiety and depression, better sleep, increased energy, and increased stress relief. To learn more, read the article:

The Health Benefits of Gratitude: 6 Scientifically Proven Ways Being Grateful Rewires Your Brain + Body for Health from [Conscious Life](#).

Boost Your Health With a Dose of Gratitude from [WebMD Women's Health](#)



Interested in involving the family in a gratitude tradition? Make a **gratitude jar**. Each week, write a note with something you are grateful for and place it in the jar. Review at the end of 2020 to see what all you have been thankful for; one of these things just might be better health!



Getting Family Support for Your Child

Family members aren't always helpful when you have struggles with your child. *"She'll grow out of it. There's nothing wrong with him that a little more discipline won't solve."* Learn ways to get the important adults in your child's life to be members of the "treatment team." Even skeptical family members can be supportive when given a positive role to play.

Child Mind Institute Articles

Conflicts Over Parenting Styles

How to keep your differences from hurting your kids.

Why Self-Care Is Essential to Parenting

Caring for children with intense needs can take an emotional (and physical) toll on parents.

Getting Family Support for Your Child

Kids do better when the adults in their lives are all on board with treatment.

Sharing an Autism Diagnosis With Family and Friends

Tips for helping them become effective allies in treatment.

Road to Kindergarten

Do you have a child who will be five years old by September 1, 2020? Join the Howard County Public School System for an **information session about kindergarten**. At this workshop you will learn:

- Expectations for school readiness (and receive a Ready for Kindergarten toolkit).
- Details about the kindergarten program.
- Information about HCPSS kindergarten registration.
- Ways that families and children can be supported during the transition to kindergarten.



Sessions are designed for adults only. Child care is available for children ages two and older. Doors open at 6 p.m. to allow time for parking, child care drop off and check-in. Sessions begin promptly at 6:30. Large crowds are anticipated, so allow yourself ample time. Choose a date that is convenient for you; no registration required. All sessions will be held from 6:30 to 7:30 p.m. If Howard County public schools are closed for inclement weather, that day's session is canceled. (Snow Date: February 2 at Centennial High School)
Wednesday, January 22: Hammond High School, 8800 Guilford Rd., Columbia
Thursday, January 23: Oakland Mills High School, 9410 Kilimanjaro Rd., Columbia
Thursday, January 30: Centennial High School, 4300 Centennial Lane, Ellicott City

[Kindergarten Readiness Information](#)

[Register](#)

Social Media Parent Workshop

Learn about social media and your child. Child care and interpretation available at Oakland Mills Middle School.

January 25, 2020 | 9:00 to 11:15 a.m.

This Community Academy event is sponsored by **The Council of Elders**

Family Leadership Institute Intensive is a six-weekend training for parents and caregivers of school-age children with mental health challenges. Parents will build knowledge of children's mental health; learn how to access support and how to work more collaboratively with school on behalf of your child; and make strong connections with other parents and caregivers facing similar challenges. It's **FREE** and includes meals and lodging. To learn more, visit [Maryland Coalition of Families](#).

10 Simple Tips to Get (and Stay) Healthy in 2020

Learn healthy tips from **Nutrition Action** such as eating like a flexitarian, adding veggies to boost potassium and strategies to say no to junk food. Click [here](#).



Howard County Library System

Click on the [Source](#) to see about upcoming programs such as:

Programs for the under five crowd: Play Partners, Picture Books Parade, 3,2 Fun, Just for Me, Time for Us, Sensory Friendly Play and Learn, All Together Now, and Pajama Time schedules.

Healthy Me (Ages 3 - 5) Learn healthy habits while having fun. Jan. 7, 2:00 and 3:30 p.m., Central Branch

College Savings Plans - Explore savings strategies on how to save for college. Jan. 30, 7:00 p.m., Miller Branch

Click [here](#) for more HCLS program information.

SPECIAL NEEDS SUMMER CAMP FAIR

FREE. Tuesday, January 28, 2020 6:30-8:30 p.m., (Snow date, February 4) Cedar Lane School, 11630 Scaggsville Road, Fulton, 20759

Parents, make informed decisions about which camp is "the perfect fit" for your child with a disability. Choose from dozens of camps with a focus on the arts, nature, science, sports, and much more! Both day and residential camps will be represented. This is appropriate for families of children with a variety of disabilities. For more information, email info@howard-autism.org or call 410-290-3466.

A Parent's Guide to Social Skills Strategies for Children with ADHD and/or Autism

Expert Q&A, *ADDitude* webinar
Wednesday, January 22, 2020
1:00 to 2:00 p.m.

[Register](#) and receive replay link to access webinar at other times.

Strong friendships are a vital support for a child's overall happiness and resilience. Both ADHD and autism affect peer relationships – and many children have symptoms of both. How can parents best support social skills growth and success?

In this webinar, parents will learn:

- How ADHD and autism impact social emotional development
- Which clinical interventions best support social emotional abilities
- How to decide between the various interventions available



- for children with ADHD and autism
- How to support social emotional skills at home



In Relation with Myself

Preservation Circle

Saturday, January 11, 1:00 – 3:00 p.m.

9770 Patuxent Woods Dr., Suite 100, Columbia, 21046

FREE. Pre-registration required; [click to register](#).

Join an interactive exploration of internal discovery. Who are we when we are not serving a role as spouse, worker, parent, sibling, child? What do we know about ourselves separate from these roles? What are your special and unique gifts? We will share, use symbolism and art in a quest of self-awareness.

About **HopeWorks' Preservation Circle**: Survivors who are out of crisis are invited to join for Preservation Circle events. Through engaging and creative activities, survivors of sexual (including adult survivors of child sexual abuse) and intimate partner violence meet to cultivate continued courage, self-compassion, connection, wellness and self-directed advocacy. More information, contact [Vanita Leatherwood](#), or call (410) 997-0304. [Flier](#)

Recognizing Human Trafficking

Hosted by the Bon Secours Retreat & Conference Center

1525 Marriottsville Road, Marriottsville, MD 21104

\$10. Thursday, January 23, 7:00 to 8:30 p.m.

This workshop defines modern-day human trafficking with an overview of trafficking in Maryland and Howard County. Participants will learn how to identify potential trafficking sites and victims as well as risk factors that increase vulnerability. Additionally, participants will make connections between forced sexual exploitation, intimate partner violence, and sexual violence. Time for questions and a light reception will follow the presentation. A portion of proceeds go to HopeWorks.

**Sign Up for
Parent Pages**

If you were forwarded this e-mail and would like to receive the latest Parent Pages news and updates directly, sign up!

 Howard County Office of
Children and Families
Department of Community Resources and Services

