

"If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves."
Carl Jung

The Howard County Family Institute

Click to see our [calendar of events](#). More family workshops are scheduled onsite than what is listed on our calendar. Consider hosting a workshop at your school or organization. [Contact us today](#).

Read Across America Day

Monday, March 2

In Honor of Dr. Seuss' Birthday



Reading is fun and has many benefits. Some reading recommendations from [fatherhood.gov](#):

- Read aloud to your children every night.
- Help them discover their favorite things and find books about those interests.
- Remove distractions like televisions, phones and iPads.
- Set an example: let them see you reading around the house.
- Talk about the material with them.
- Put on a play or show in which children dress up and reenact the events of a book.
- Have your child write their own story, or write a different ending to a story they've read.

To read the entire fatherhood.gov article, [click](#).

Looking for fun ideas on engaging ways to read with your child? Watch this video from ReadyRosie, [click](#).

Don't have Ready Rosie yet? [Click here](#) to get free access.

Parenting for Resilience and Inclusion

Wednesdays: March 18; April 1, 15, 29; May 6, 20; June 3

6:30 - 8:45 pm; light dinner 6:00 p.m. (Child care on request)

Kittamaqundi Community Church, 5410 Leaf Treader Way, Columbia 21044

Are you a parent or someone instrumental in raising children, teens or young adults and would like to know how to help them grow more resilient, inclusive and have a greater sense of belonging?

This seven-part series will feature experienced facilitators who will lead the group through difficult topics that are current in your young person's life, and will help draw out the expert in you. Kittamaqundi Community Church is sponsoring this non-religious group as a service to the community. All are welcome and fully included. FREE.

Application, [click here](#). Deadline: March 9. Contact Ken Katzen: kkatzen01@gmail.com.

Confident Child Summit

FREE: Online March 3 - 6

This summit, sponsored by www.gozen.com, hosts over 20 speakers that are experts and world leaders in confidence, resilience, education, and psychology. Topics discussed will cover tested methods to **boost confidence and decrease anxiety so that your child may build their self esteem and thrive in social situations.** Register for the Confident Child Summit [here](#).



Bright & Quirky Child Summit 2020

FREE: Online March 12 - 16

A "bright and quirky" kid is also called twice exceptional or "2e" because they have both advanced abilities and lagging abilities at the same time. This online summit is available for parents to learn tools and strategies and includes topics such as parenting a twice exceptional child; navigating your child's education; helping with their stress and anxiety; and developing executive function skills. [Click here to register](#) and to see the psychologists, educators and child development experts that will be presenting.

Parent of Students Receiving Special Education

MAKE YOUR VOICE HEARD. YOUR OPINION MATTERS!

Parents and guardians of children receiving special education and related services were mailed the Maryland Special Education Parent Involvement Survey from the MD State Dept. of Education, Division of Special Education/Early Intervention Services. The survey may also be completed online by May 18. Your feedback will help guide efforts to improve special education and related services in HCPSS. Your voice can make a difference for your child and many other children. To learn more, visit www.mdparentsurvey.com.

ANNUAL MEETING WITH HCPSS DEPARTMENT OF SPECIAL EDUCATION

Thursday, March 19, 6:30 to 8:30 p.m.

**NonProfit Collaborative of Howard County
9770 Patuxent Woods Dr., Columbia 21046**

Terri Savage, Department of Special Education (DSE) Executive Director, and other members of DSE and Student Services from HCPSS will present at the annual open meeting and discuss the Special Education Strategic Plan. Smaller groups will allow for participants to ask questions and provide feedback to the staff. Sponsored by the Howard County Autism Society and open to any family of a student with an IEP or IFSP. Admission is free.

The Parent Power Group by Therapeutic Connections

An Introduction into Mindful Parenting. March 19, 6:00 to 8:00 p.m.

Understanding My Child(ren)'s Needs. April 1, 6:00 to 8:00 p.m.

Roger Carter Center, 3000 Milltowne Dr. Ellicott City, 20143

FREE! Dinner provided, space is limited. For more details and to [register, click here](#).

Recreation and Parks

2020 Spring/Summer Activity Guide

Now available [online](#). With two seasons worth of programs, classes,



special events and sports leagues to choose from, there's something for everyone. Online registration for Howard County residents begins Wednesday, March 4 at 6:00 p.m.

Too Small to Fail Spotify Playlists

Listening to music and singing with your little one can play a powerful role in helping to support his/her early brain and language development. Music introduces children to new words, sound patterns and more, which helps develop listening and comprehension skills. These skills help build the necessary foundation for learning how to read. Also, singing and dancing with your baby is a great way to have fun while you bond. Look at **Too Small To Fail's Spotify list** to find songs to sing with your child!



Super STEAM Saturday

March 7, 10:00 a.m. – 1:00 p.m.

North Laurel Community Center

Children enjoy special hands-on science, technology, engineering, art and math activities from special guests including Abrakadoodle, Bricks4Kidz, Chess Wizards, Club Sci Kidz, Little Medical School and more! Pre-registration is not required, but encouraged. [Click](#) to purchase tickets \$5.

CARE Line

[Child](#) and [Adolescent Resources](#) and [Education](#)

410-313-CARE (2273) (voice/ relay) or
children@howardcountymd.gov




Howard County provides a FREE information and referral service for people who have questions about children in Howard County. The CARE line staff works with families to identify their needs and help find solutions. Topics include: county resources, behavior issues, finding child care, school age programs and camps, child care assistance, special needs, parenting classes, health/mental health concerns, grandparent support, financial assistance, support groups, and adolescent resources.

HoCo Counts, 2020 Census

Children under the age of five had the highest undercount of any age group in the 2010 Census (nearly 1 million children.) **When young children are not counted, support for programs such as health insurance, hospitals, child care, food assistance, schools, and early childhood development, is impacted because the more children there are, the greater the need.** This is why it is so critical that all children are counted.

To learn more information about young children, [click](#). To get fliers in other languages, [click](#). To learn more,



FACT: Children under the age of 5 had the highest undercount of any age group in the 2010 Census.

Counting Young Children in the 2020 Census

THE PROBLEM
In the 2010 Census, the net undercount of children under the age of 5 was 4.6 percent. That's nearly 1 million children. Unlike other age groups, the undercount of young children grew between the 2000 Census and 2010 Census. This is not a new problem, and it's not unique to the United States.

Young children who are missed in the census tend to have complex living arrangements. They might live with only one parent, large, extended families, foster families, or multiple families under one roof. These children may stay in more than one home throughout the year and may not be related to the person responding to the census.

Young children most likely to be missed tend to live with:

- Foster families.
- Multiple families.
- People who are not related to them.
- Grandparents, single parents, or young adults.
- Individuals with limited ability to speak English.
- Renters or people who have moved.
- Parents or guardians with lower incomes or without a permanent home.

2020CENSUS.GOV

Shape your future START HERE >

2020 Census

Howard County Library System [Click to Register](#)

CAREAPP: March 5, 2:00 p.m., ElkrIDGE Branch. Learn more about available health and other social services available to Howard County residents.

Human Trafficking Awareness March 11, 7: 00- 8:00 p.m., Central Branch

Ukulele Jam Session March 17, 6:30 - 8:00 p.m., ElkrIDGE Branch

Paying for College or Technical School: March 23, 6:00 - 7:00 p.m., East Columbia

I'm Going to Be a Big Brother/ Sister: March 28, 2:00 p.m., Miller Branch

Welcome to The PLAY Project™

Tuesday, March 3, 10:30-12:30 p.m.

Miller Branch Library, 9421 Frederick Rd. Ellicott City, MD 21042

Parents and caregivers of children with autism spectrum disorders (ASD) and early childhood professionals (therapists, educators and paraprofessionals) are invited to attend this video workshop. Learn practical tips to help the young child with ASD throughout their life. Watch video case studies of PLAY Autism Intervention in action. Participate in interactive activities that will help you learn how to understand a child's unique profile, including their social-emotional development and sensory needs, and how to use the power of play and grow through joyful relationships. For more information, click on the [flier](#). To register, email Lori Ann Madhok at loriannmadhok@outcamethesun.com.

Free Tax Preparation

Individuals or families with an income of \$56,000 or less can receive free tax preparation with the assistance of the MakingChange Center, a Howard County nonprofit. Tax preparation services are located at the [MultiService Center](#) in North Laurel and the [NonProfit Collaborative](#) in Columbia. To learn more and make an appointment, visit the [MakingChange Center](#) or call 410-234-8008.

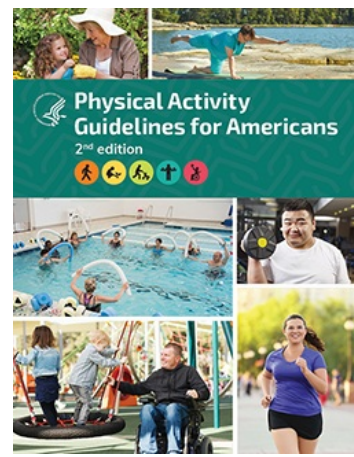


Howard County Physical Activity Organized Youth Sports Guide

Looking for places to help your child get exercise? The Howard County Local Health Improvement Coalition (HCLHIC) created a guide of the resources available in Howard County that connect to physical activity. Click [here](#).

Physical Activity Guidelines

Last published in 2008, the Physical Activity Guidelines (PAG) provides science-based guidance to help people **ages three years and older** improve their health through participation in regular physical activity. These guidelines reflect the proven benefits of physical activity and outline the types of exercise recommended for different ages and populations. Specifically, chapter 3 focuses on: preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development. Children and adolescents ages 6 through 17 should do 60 minutes or more of moderate-to-vigorous physical activity daily. For more information, refer to the **Complete Guide** or **Guideline Summary**.



Senior Week: Staying Safe in Ocean City

Monday, March 30, 7:00 p.m., Atholton HS Auditorium

Monday, April 27, 7:00 p.m., Howard HS Auditorium

Free, and open to the public, this program is for students and parents/adults. Ocean City Police and a former member of the Ocean City Beach Patrol (and a current HCPSS administrator) will speak about things to be aware of and concerns to put on your radar.

Searching for Spring

Saturday, March 28, 10 to 11:30 a.m.

Celebrate the arrival of spring at the Columbia Sports Park. Children ages 2 to 8 will enjoy crafts, an egg hunt and entertainment from Daisy the Clown. Open to residents of CA-assessed property only. The event is free but advance tickets are required. Co-sponsored by the Villages of Columbia, **tickets available at each village office**. Bring proof of address when picking up tickets. Questions, call 410-730-7327.

**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 today!

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

