

# PARENT PAGES



*Because kids don't  
come with directions!*

A quarterly digital publication from the  
Howard County Office of Children's Services

FALL 2015 | VOLUME 4, Issue 4

## BACK TO SCHOOL TIME

### 10 TIPS TO GET UP AND OUT FOR SCHOOL ON TIME. START THE NIGHT BEFORE

**Make lunch the night before.** Even the youngest kids can help get lunch ready and by doing it together, you can have a daily conversation about what a lunch needs to be healthy. For a variety of packing ideas, look to [www.100daysofrealfood.com/school-lunches/](http://www.100daysofrealfood.com/school-lunches/)

**Set the table for breakfast the night before.**

**Put backpacks by the door,** with all homework checked, additional items needed such as gym clothes and any permission forms completed. (For those papers that come home that you need to find days later before returning, have one set spot to always keep them, such as a clip on the fridge.)

**Pick out clothes the night before.** Indecision wastes many minutes in the morning. Young children even have fun if they lay out their clothes in the shape of a "mini me."

**Get everyone to bed on time.** You may need to start the bedtime routine a little early to make sure that everything is done in time, but the best way to start the day off well is to get a full night's sleep. That is true for parents as well as children.

**Allow for a slow start.** Days are busy and kids get stressed with all their responsibilities. Starting the day with some 1-1 time such as morning snuggles, helps give children the attention they desperately need and can start the day off on a happy note.

#### **Enlist the Family Pet**

Putting a friendly family dog or cat into the bed to help with morning snuggles is another option.



**Start the day with music.** Set the alarm clock to music that helps to wake slowly. Play a favorite upbeat song that your child loves to sing and dance to so their bodies physically wake up. Children respond better to music getting them to move over parents repeatedly reminding and yelling.

**Make a get ready check list.** Children thrive on routines and a schedule will take the guess work out of getting started. Post a laminated check list for kids to check off each item as they complete it (wake up, get dressed, brush teeth, etc.) Pre-readers benefit from pictures to complement the word list. Once everything on the list is completed, they can have something fun to do until an alarm goes off indicating that it is time to walk out the door.

**Make it a game.** Some children balk at having to get ready, so put the focus on a game instead. Can they get dressed in their closet? Can they beat the clock and get something done in 4 minutes and 28 seconds? Can they be ready once the next song is done? Can they beat you getting ready?

**Putting the effort in ahead of time will increase getting out the door in time.**

### READY FOR KINDERGARTEN VIDEO

For children going to school for the first time, NAEYC, National Association for the Education of Young Children, has created a video to help children visualize what it might look like for them as they start this new chapter in their lives.

Parents have an opportunity to watch the video with their children, then talk about what will happen in their own homes and brainstorm any first day anxieties and problem solve any needs for the new routine.

<http://families.naeyc.org/learning-and-development/child-development/i%E2%80%99m-ready-kindergarten-video>

# MANAGING MELTDOWNS

It's a parent's worst nightmare. You are at the grocery store, and your preschooler has a loud and unmanageable meltdown. You are flustered, embarrassed and not sure how to negotiate this unpleasant experience. Don't push the panic button yet... there are some strategies to help you avoid these meltdown moments.

Parents should understand that temper tantrums are a normal part of a child's development. Tantrums are a reaction to a situation a child cannot navigate in a more grown up way. The young child is overwhelmed by emotions and uses kicking, hitting and screaming to get what he or she wants or to avoid a situation. Since tantrums are developmental, young children do not understand the difference between private and public meltdowns.

As a parent, planning ahead and understanding what situations may produce a public meltdown are key to helping avoid them.



**Recognize negative situations** – Is your child hungry, tired or overstimulated? These are not good times to take your child to a public place and expect appropriate behavior.

**Triggers** – Is your child sensitive to noise, crowds, lights? Is he or she being expected to sit still for too long?

**Preparation** – explain where you are going and why; lay down ground rules and give your child a job to do during the outing.

**State Expectations** – for example, “We will play, then at 3:00 we will leave.” Make the goal clear before leaving the house.

**Empathy** – recognize your child's distress in a calm way, for example, “I know you are sad but we have to go.”

A parent's role is to remain CALM throughout the meltdown. Yelling and threatening are not effective and make a bad situation worse. Hugs and teachable moments come when your child is calm.

To learn more about ways to understand your child, sign up for the Family Institute's **Family First** workshops this fall, at [www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute)

# CONSUMER AFFAIRS

## SCAMMERS CAN HIDE IN PLAIN SIGHT

Do you trust people more if they're like you, or a part of your community? Scammers bet that you do. Every day, they take advantage of the trust you have in people with whom you identify. It's called “affinity fraud” — when someone in a group uses their membership in that group to scam another member.

Affinity fraud often happens to members of religious, ethnic, or school groups. Are you willing to hear more about a “deal” if a member of your church asks you to? Or take advice from someone who speaks your same language?

Affinity fraud is especially difficult if the victims don't have the knowledge or language ability to get help. Some tend to avoid reporting fraud to law enforcement or feel pressure to resolve community problems internally.

So, what should you do when someone you know tells you about a “great” deal?

**Take your time and check it out.** Don't agree to any deal that requires you to act now, and no matter who makes the offer, do your homework. Look up the company online and search for consumer complaints. Think about whether this deal is good for you?

**Don't buy the hype.** If you are promised guaranteed results (e.g. the promise of legal immigration status) or told that an investment is “risk-free,” the deal is probably a scam.


**Get it in writing.** Don't part with your money, until you have a written agreement, have read all of the terms, and are sure everything you were told is included.

**Report it.** The Howard County Office of Consumer Affairs (OCA) can help you separate fact from fiction, and in some cases can help you recover money you've lost.

Call OCA at: 410-313-6420 (voice/relay) or e-mail us at: [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov).

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Feel free to copy and distribute this publication.  
Available in alternative formats upon request.

[children@howardcountymd.gov](mailto:children@howardcountymd.gov) 410-313-1440 (voice/relay)

# DEVELOPMENTAL SCREENING FOR CHILDREN IN PRESCHOOL AND CHILD CARE

## WHAT IS IT AND WHY?

Beginning in July 2016, a new state regulation will require all licensed early care and education programs (centers and family providers) to conduct developmental screenings on a semi-annual or annual basis on all children (ages birth to 5 years of age) enrolled in their program. Some programs may start as early as this year.

What is developmental screening? For starters, this is not an entrance test to qualify for preschool or child care. Developmental screening is a brief questionnaire completed by a parent or caregiver to quickly identify a child's progress through early childhood developmental milestones. A child's development can be measured by how a child learns, speaks, moves, behaves and relates. Results from developmental screenings indicate which children would benefit from a full evaluation and assessment. A large number of pediatricians currently use developmental screening tools during routine well-baby/child appointments.

## What is the difference between developmental screening and assessment/testing?

**Developmental screening** is a brief process to quickly identify a child's progress through early childhood developmental milestones. The benefits of doing a developmental screening are that it leads to early identification of potential developmental delays and it helps separate those children who need more extensive assessment from those who do not. Information gained from screenings helps parents check their child's development and makes them more aware of age and developmentally appropriate expectations of the child.

**Assessment/testing** on the other hand, is a more in-depth process to determine if a child is meeting specific outcomes/goals. Assessments are done by trained professionals who can diagnose a problem. Results of assessments are used by professionals and early care providers to plan small group and individual instruction.

All directors, teachers, and registered family care providers will receive in-depth training about the importance of developmental screening, how to administer the approved screening tools and resources available for parents. If you have additional questions or concerns about a screening that your child may have, call the Office of Children's Services Technical Assistant, Joan Johnson at 410-313-1432 (voice/relay.)

# RESOURCE ROOM INFO

Did you know that The Office of Children Services has a Resource Room available for your use?

Equipment is available to enhance child's art and school projects. Would you like to keep your kid's pictures that hang on your refrigerator forever? Then laminate them! A commercial size laminator is available to protect and keep drawings, pictures, and art projects "frozen" in time.

Die-cut machines are also available. This shape cutter used mostly on paper will cut out a variety of shapes. The resource room has a multitude of patterns from animals, numbers, seasonal shapes and more. To see available die-cut patterns, prices, resource room hours, and closures go to [www.howardcountymd.gov/DisplayPrimary.aspx?id=6442463693](http://www.howardcountymd.gov/DisplayPrimary.aspx?id=6442463693) or call 410-313-1440 (voice/relay.)



# ADOLESCENT CORNER

## RELATIONSHIPS AND THE ADOLESCENT AGE

Dating trends have changed with the onset of social media and technology; however adolescents are still dating and parents still prefer to know their teens are safe and that appropriate dating behaviors are being used.

What does dating look like now?

What is an appropriate age?

Is my teen ready?

These are common concerns of parents. For information about this important topic, join the Family Institute for a discussion with other parents and a panel of experienced professionals to address appropriate dating behaviors and learn how to navigate the dating conversation with your child. To register for the workshop on October 22, please visit [www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute)

If you have immediate questions or concerns or need additional information to help your teen, contact the Adolescent Resource Specialist at 410-313-CARE (voice/relay.)

## SUPPORT GROUPS: ARE THEY FOR YOU?

Have you ever thought about joining a support group? Perhaps a doctor or friend has encouraged you to participate in one. Are they really helpful? Support groups offer people an opportunity to come together to talk about their interests and experiences, share information, and provide emotional support for one another. Benefits of participating in a support group may include:

- Feeling less lonely or isolated
- Gaining a sense of empowerment
- Improving coping skills
- Reducing stress and learning self-care techniques
- Talking about fears, anger, grief, helplessness, etc.
- Getting practical advice or information about your need
- Networking and learning about community resources

It may be uncomfortable sharing and discussing problems in the first meeting, but over time you'll realize that others face the same type of situation. Support groups can focus on almost any topic. A few may include:

- Medical conditions or mental health issues
- Relationships with parents, child, siblings or spouse
- Available services such as help for caregivers, etc.
- Grief and loss and so much more

Support groups meet based on its purpose and the needs of its members. Meetings can take place in hospitals, homes, churches, libraries or other community sites. Support groups can be led by a group member or a professional with specific information and resources. Online support groups are also available for those who don't have time to attend a meeting or if there isn't one near you.



To find local support groups in Howard County, contact the CARE Center at 410-313-CARE (2273) (voice/relay.) or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov). Also check out the Howard County Parent Support Group calendar located on the website: [www.howardcountymd.gov/children](http://www.howardcountymd.gov/children)

## POSITIVE PARENTING IS GOOD FOR YOU AND YOUR CHILD

Parenting is a very important role. Understanding how you impact your child's behavior is critical and will shape how your child interacts with you and others. One of the most important decisions a parent makes is actively choosing a parenting style to guide their child. By choosing a positive parenting style, you focus on teaching your child the desired behavior and avoiding focusing on the negative behaviors. Children who experience positive parenting grow up to be people who have respect for themselves and for others. Even discipline can be handled in a positive way. Set reasonable limits and teach your child to follow them. Avoid punishment, yelling and overly harsh consequences. To get started, it is critical to learn about the characteristics of each developmental stage. When you know what to expect, you can guide your child's behavior in positive ways.

**Birth to 12 Months** – Provide safe ways for your baby to explore his world.

Respect your baby by understanding most of what he does is prompted by his needs. Small babies can't misbehave, because they don't have memory or understanding. Meet your baby's needs quickly and he will learn to trust you. Get to know your baby. Spend time just hanging out and observing him.

**12 to 36 Months** – He is developing rapidly and is becoming independent. Expect some resistance as you teach your toddler new behaviors.

Know your child and plan for the unexpected, focus on replacement activities. Follow through with your plans or expectations with dignity and respect for your child.

**Preschoolers** – Take time to teach your child skills and be sure to appreciate his efforts. Build language by describing the world around you. Honest reflection builds self-esteem.

Children are natural imitators. They learn by watching their parents. Your child is learning how to show his emotions in acceptable ways so think carefully before you punish your child for misbehavior. Parenting is tough, but when you are prepared and understand your child's needs you can respond appropriately.

Taking care of a baby or young child is very stressful, and you may feel overwhelmed. Don't forget to take the time you need for yourself; get as much rest as you can and eat healthy meals.

**Most of all, remember to have fun with your child and take pleasure in your child's development. If you want more information on child development and parenting, attend the [Family First Series](#) offered through the Family Institute.**

# HELICOPTER PARENTING

The term “helicopter parent” was first used in 1969 in Dr. Haim Ginott’s book, “Parents & Teenagers.” Teens said their parents would hover over them like a helicopter. However, helicopter parenting can occur at any age (Parents.com).

## Why do parents hover?

Fear of dire consequences: parents worry something will happen to their children.

Overcompensation: excessive attention and monitoring are attempts to remedy a deficiency the parents felt in their own upbringing.

Peer pressure from other parents: guilt is a large component in this dynamic.

## What are the consequences of helicopter parenting?

Deborah Gilboa, M.D., founder of AskDoctorG.com, says “Many of the consequences [parents] are trying to prevent (unhappiness, struggles, working hard,) are great teachers for kids...”

Engaged parenting has many benefits for a child. However, the underlying message of over-involvement sends to kids is, “My parent doesn’t trust me to do this on my own.” This can lead to decreased confidence, undeveloped coping skills, increased anxiety and a sense of entitlement (Parents.com).

## How do I avoid over-worrying?

Empoweringparents.com has created this list:

1. Don’t hover over your child. Be a submarine parent instead, suggests Silvana Clark, author of “Fun-Filled Parenting.” Stay close by, in case of real danger, but mostly out of sight.
2. Don’t put your worry on your child’s back. Don’t focus on your child morning, noon and night, imagining all the worst outcomes.
3. Don’t make your child the center of your universe. Don’t try to get all your emotional needs met by your child. Most importantly, don’t allow his achievements to determine your self-worth and validation as a parent.
4. Forget instant gratification. When children become more independent things may move slower than in the past.
5. Don’t focus on your child as a way of not having to deal with your own struggles. Try not to get so involved in your child’s life that you neglect your own. Source: [www.empoweringparents.com/how-to-stop-worrying-and-avoid-helicopter-parenting-dont-do-these-6-things.php](http://www.empoweringparents.com/how-to-stop-worrying-and-avoid-helicopter-parenting-dont-do-these-6-things.php)

# NEW FROM HOWARD COUNTY LIBRARY SYSTEM

## BEANSTACK SENDS CHILDREN’S BOOK RECOMMENDATIONS TO YOUR INBOX



Howard County Library System recently launched a new free service called Beanstack, which sends personalized book recommendations to caregivers of children aged 0 to 10. How does it work?

Parents or caregivers can create an online profile for each child that includes reading level, hobbies, and favorite genres, topics, and types of character. Once a week, Beanstack emails parents with a book recommendation from the HCLS collection tailored especially to the child’s age and interests. A direct link is provided in the weekly email that enables parents to see the availability of the book and request it for pickup at their local HCLS branch. Each email also includes a learning tip related to the recommended book that encourages engagement and critical thinking. To sign up for Beanstack, visit <http://hclibrary.beanstack.org/>



Maintaining good oral health is important for your overall health. Getting regular dental hygiene checkups and cleanings can help keep your mouth and your body healthy!

The Dental Hygiene Center, located in the Health Sciences Building Room HS168, provides high quality, affordable dental hygiene care. Patient volunteers are cared for by Howard Community College Dental Hygiene program students, under the supervision of a clinic dentist (DMD), for a small materials fee of \$10-\$20. The Center does not accept insurance plan payments, and is a good option for those who do not have dental insurance coverage. The Dental Hygiene Center offers preventive services including, but not limited to: dental cleanings, x-rays, nutritional counseling and fluoride treatments. For more information, please view our website at: [www.howardcc.edu/dentalcenter](http://www.howardcc.edu/dentalcenter) or call 443-518-1570.

## EVENTS

### LOOKING FOR THINGS TO DO AS A FAMILY?

Check out the “Visit Howard County” website sponsored by Howard County Tourism, Inc.

[www.visithowardcounty.com](http://www.visithowardcounty.com)

#### Upcoming events include:

- Main Street Music Festival in Ellicott City
- Pumpkin Chunkin’ at Robinson Nature Center

### FUN TIP

If your family is out in nature and comes across an unusual bug that your child wants to know about, but you don’t have the answer, now there is an app for that.

**Project Noah**, [projectnoah.org](http://projectnoah.org), is a free app where kids can finally get an answer to “What’s that weird bug over there?” Snap a photo of wildlife and the app soon sends the identification of the new found creature.

## A TIP FROM TOO SMALL TO FAIL



While playing outside with your little one, talk about the weather – sunshine, rain, or clouds! Have a conversation with your child about how the sunshine feels on your skin, or lay in the grass and look up at the clouds and talk about the shapes and animals he or she can see in the clouds. Try asking questions like “I see a dog in that cloud, what do you see?” or “What does that cloud look like to you?” Make up stories as you go along! For more tips, go to <http://toosmall.org/>

## CHILD AND ADOLESCENT RESOURCES AND EDUCATION for Howard County Families

# THE CARE CENTER

- Behavior Issues
- Finding Child Care
- Child Care Assistance
- County Resources
- Special Needs
- Parenting Classes
- Health Care
- Mental Health Concerns
- Grandparents Support
- Financial Assistance
- Support Groups
- Adolescent Concerns
- School Age Programs
- Camps



## 410-313-CARE (2273)

[children@howardcountymd.gov](mailto:children@howardcountymd.gov) • [www.howardcountymd.gov/children](http://www.howardcountymd.gov/children)

This free service is provided by the Howard County Office of Children’s Services, with the support of Howard County Department of Citizen Services, the Howard County Local Children’s Board, Maryland State Department of Education, Howard County Mental Health Authority and the Governor’s Office for Children.



# The Family Institute

A PARENT EDUCATION PROGRAM • Howard County Office of Children's Services

## PARENT WORKSHOPS

### Behavior Basics and Managing Meltdowns

Tuesday, August 18, AND Tuesday, August 25, 2015

6:30 to 8:30 pm \$15 per person

3300 N. Ridge Rd., Ste. 240 Ellicott City, MD 21043

SEFEL, Social Emotional Foundations of Early Learning, is a comprehensive, research-based approach that considers all of the factors that impact a child, family, and a child's behavior. Learn how to teach your child new skills to replace challenging behavior rather than punishing. Learn how to set the stage to decrease negative behaviors from happening and what to do when they do occur. Leave this 2-part workshop with skills to use immediately and a follow up coaching session to help with implementation. Who should attend? Parents, Guardians, and anyone working with young children ages 1-8.

### 1 2 3 Magic

### Effective Discipline Program for Children 2-12

Wed., Sept. 9, AND Wed., Sept. 30, 2015

6:30 to 8:30 pm \$15 per person

3300 N. Ridge Rd., Ste. 240 Ellicott City, MD 21043

This nationally-recognized program for parents who want to reduce challenging behaviors and improve positive behaviors in children. In this workshop, participants will get an overview of the 1-2-3 Magic plan, and will learn the Counting Method and Positive Praise techniques. Using these techniques, parents can learn how to stop their children's negative behaviors such as whining, arguing, yelling, and tantrums, and how to encourage positive behaviors regarding homework, cleaning up, eating, bedtime, and getting ready. This two part training is designed to introduce, practice and then problem solve how to implement in your own home.

### Relationships and the Adolescent Age

Thurs., Oct 22, 6:30 - 8:15 pm FREE, Registration required

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Dating trends have changed with the onset of social media and technology, however adolescents are still dating and parents still prefer to know their teens are safe and that appropriate dating behaviors are being used.

Come and join us for a discussion with other parents and a panel of experienced professionals to address appropriate dating behaviors

### Parenting in the Digital Age

Thurs., Nov. 19, 6:30 to 8:15 pm FREE, Registration required  
Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Come and learn about the latest technology websites and devices that kids and adolescents are using. Parents will be able to discuss common concerns such as safe use of social media, texting and driving, and inappropriate use of photos. Most importantly, learn how to have an honest conversation with your teen about appropriate online behavior. All parents will have the opportunity to take part in an open discussion or submit questions anonymously. You may not even know what you don't know!

More listings on next page...

## FAMILY INSTITUTE'S WORKSHOPS ARE GROWING

This workshop listing is just the beginning of the trainings that the Family Institute will be hosting this fall. To keep current with the latest workshops, visit [www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute) to see what is added each month.

Parent Pages subscribers will get a monthly email blast that displays workshops that will be available during that month, so be on the look out for additions to this current calendar.



If you are interested in bringing a workshop to your school or facility, please contact Lisa Rhodes, Family Engagement Specialist, to coordinate a topic of interest at 410-313-1440 (voice/relay) or email at [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

## Family First Series

Join the Howard County Family Institute for a special series designed for parents and guardians raising children from birth to age 8. Learn about child development, how to encourage self-esteem and good behavior, positive guidance and discipline, and how to keep children safe and healthy. Each class, offered in an interactive group format, will include practical tips and advice for handling common situations, as well as hands-on activities.

Participants who complete all 6 classes can receive a Certificate of Completion upon request.

### **CHILD CARE NOT PROVIDED.**

**Who Should Attend:** Parents and Guardians who want to improve their parenting skills and learn hands on ideas for raising a healthy, happy child.

**Location:** 3300 N Ridge Rd #240 Ellicott City, MD

**Cost:** \$8 per class ([\\$40 for complete 6 part series](#))

**Time:** 6:30 to 8:30pm

**Registration Required:** Visit us online at

[www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute)

**Questions:** email: [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

[To Register for all 6 workshops \(click\)](#)

## Exploring Childhood Stages of Development

**Wed., August 26, 6:30 to 8:30 pm**

A child passes through typical stages as he grows and learns. By knowing what to expect, you are better able to respond to new behaviors. Explore the ages and stages of child development in several areas, such as cognitive, social-emotional, motor, and language. Learn about the latest brain research, why early experience matters, and ways you can capitalize on these moments.

## Keeping Kids Safe

**Wed., Sept. 30, 6:30 to 8:30 pm**

Discuss safety-proofing your home for different ages; who to contact in an emergency; car seat safety; and tips on how to protect your child from abuse. Learn ways to cope with your own stress and how to teach children relaxation techniques and stress relief.

## Children's Temperament and Parenting Styles

**Wed., Oct. 7, 6:30 to 8:30 pm**

A child's temperament affects his interactions with his parents and with the world. Become familiar with temperament types and learn how to use this information to individualize your interactions with your child. Learn how to encourage the development of positive self-esteem. Explore effective praise and find out what you can do to build self-esteem and what you may say that can accidentally backfire.

## Discipline and Communication Part 1

**Wed., Oct. 14, 6:30 to 8:30 pm**

Set the stage for better behavior. Learn how to proactively prevent misbehavior by preparing your home and routine to encourage success. Discuss ways to effectively communicate with your child and the importance of structure and consistency.

## Discipline and Communication Part 2

**Wed., Oct. 21, 6:30 to 8:30 pm**

Learn how to teach children self-control and problem-solving techniques that they can use in the moment. Establish rules and logical consequences for misbehavior that are developmentally appropriate. Discuss behavior charts and a variety of other options to encourage behaviors that you want to see. Leave with practical strategies to implement immediately!

## Keeping Kids Healthy

**Wed., Nov. 4, 6:30 to 8:30 pm**

Learn how to choose healthy snacks, meals, and beverages for children. Discuss common eating concerns such as picky eaters or refusal to eat. Explore nutrition labels and healthy eating on a budget. Learn more about the importance of exercise and how you can keep children active in a variety of fun and easy ways.

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To view a list of current workshops, or sign up to receive your digital issues of Parent Pages:

[www.howardcountymd.gov/familyinstitute/](http://www.howardcountymd.gov/familyinstitute/)

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410-313-1940 (VOICE/RELAY)

Resource Room open Monday - Friday, 8:00 AM - 4:45 PM

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