

PARENT PAGES



Because kids don't come with directions!

A quarterly digital publication from the Howard County Office of Children and Families

Spring 2017 | VOLUME 6, Issue 2

Children's Mental Health Matters.org

A MARYLAND PUBLIC AWARENESS CAMPAIGN

Children's Mental Health Awareness Week is celebrated May 1-7. Visit www.childrensmentalhealthmatters.org to learn more or to get involved.

WHAT REALLY MATTERS?

For the last nine years, Maryland has participated in the CHILDREN'S MENTAL HEALTH MATTERS campaign. The Office of Children and Families is proud to be a part of this on-going effort here in Howard County. The Campaign's goals include reducing the stigma of mental illness, letting parents know that they are not alone in caring for children with mental health needs and connecting families with information and services to help their children. Mental health is very important to overall well-being; it affects the way we interact and engage with others, the way we feel about ourselves and our response to changes, stress and life situations. Mental health issues can impact any family and unlike a medical condition, can be more difficult to identify and carry a stigma. The good news is that as knowledge and research increases, the approach to mental health issues is evolving.

One area where this is especially true is in a child's early years. Researchers and early childhood professionals are actively promoting effective skill-building in the area of social-emotional health for all young children. This emphasis is a very effective strategy to help children build stronger resilience and be better able to manage their emotions

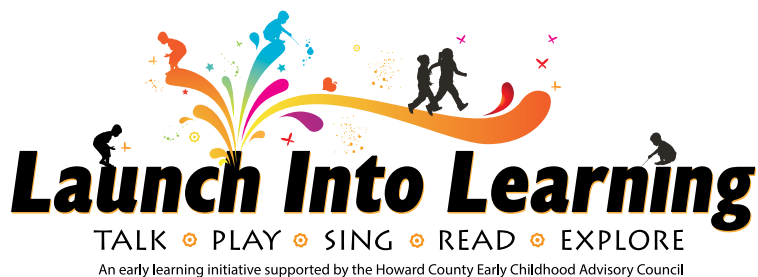
throughout their lifetime. When this more balanced focus on social and emotional health is included in early childhood development, young children are more likely to build positive self-regulation skills. In addition, children who may need more help will be identified earlier than ever before. Parents can take advantage of an early referral to specialists who will assess and discuss mental health concerns during the preventive time in their children's development. A proactive approach that is supported by the **Children's Mental Health Matters** campaign!

www.childrensmentalhealthmatters.org

www.mentalhealth.gov

TALKING IS TEACHING. TALK READ SING

TALKING IS TEACHING.ORG
ESMALL TO FAIL
READ TO LEARN



HOWARD COUNTY'S PARENT RESOURCE

With so much research in the last ten years, it has become more apparent than ever that the first five years of your child's life offers a fantastic opportunity to develop their brain and help them be ready for school. **The Howard County's Launch Into Learning** website can help, with suggested activities you can do with your child, milestones and developmental checkpoints, local resources and groups to tap into. Studies prove that success in school and life is built on the experiences a child has from birth to age five – before he or she enters kindergarten. Everything you do with your child wherever you are – at home, in the car, in a store, outside, from the day your child is born – helps prepare them for success in life and in school. Daily experiences can be learning moments and **Launch Into Learning** makes information and resources easier to find and put into action.

The **Launch Into Learning** website features:

- Parent & child activities (by age & action)
- Learning & training events (Family Institute)
- Developmental milestones (for different ages)
- VROOM app (for daily ideas)
- Kindergarten readiness information

Though the focus is on supporting parents with children from birth to age five, many resources are useful for older children too. For more information and tips, visit:

www.howardcountymd.gov/launchintolearning/

For parents that want more hands on information, the Family Institute's workshops are available:

The **Family First** workshop series on Wednesdays this Spring offers information on development for young children and the **Setting your Child Up for Success in Kindergarten** is offered in both April and June.

Visit the complete Family Institute Spring workshop calendar at: www.howardcountymd.gov/familyinstitute

MATH AROUND US

We have done wonders with nurturing a love of reading with our children from a very early age and have made it a priority to incorporate it into their daily lives. What if we started thinking about mathematics in the same way? What if we put the same value on math as we do on literacy?

Research suggests that early math skills are the best predictor, even more than literacy, of how kids perform in school. The good news is that math is everywhere, but your attitude and comfort with math matters. What is appropriate, interesting, and fun for a preschool aged child? All you have to do is take a look around your immediate environment to see opportunities to incorporate hands-on early math concepts such as counting, sorting, comparing, classifying, sequencing, matching, baking, measuring, building, patterning, shapes, puzzles and following routines. We can help children to describe their world mathematically and realize that math is an integral part of their daily lives. Once you begin to realize that you have the tools in hand with things you are already doing, it will become second nature.

Try these easy strategies

- Doing laundry? Sort socks.
- Baking? Measure ingredients.
- Eating dinner? Count food items.
- Reading a book? Count images on the pages.
- Bath time? Explore full and empty.

The opportunities are endless. Check out these links for additional ideas:

www.readyatfive.org/download-document/parents-matter/1127-math-2015/file.html

www.pbs.org/parents/education/math/activities/preschool-kindergarten/



VROOM TIP: SETTING THE TABLE

<https://www.youtube.com/watch?v=16bJlwuUUK>

CURIOSITY IN THE OUTDOORS

Children are born with curiosity and the desire to make sense of their world. Your child approaches every day observing what is around him or her, thinking and reasoning about what it all means. Children build knowledge and understanding through their everyday interaction with their world. They rely on their senses—what they see, hear, touch, smell, and so on—to satisfy their curiosity and build knowledge of their world without having previous assumptions.

Parents can encourage and nurture their children's curiosity by giving them plenty of opportunities to explore, whether it be the natural world, books and other media, or people in their community. Children do not need parents to hold all knowledge; they need their parents to guide them. Parents can play a big role in facilitating a child's natural thirst for knowledge. Each child is unique—observe what especially interests your child and encourage those interests. Allow your child to express curiosity through questions, and guide your child by asking open-ended questions, such as: What does that look like? What do you think will happen?

Give your children enough time to really focus. Introduce materials for your child to explore and allow plenty of time for him or her to experiment and ask questions. Encourage repetition. A child may want to read the same book or build the same tower of blocks over and over to cement abilities and knowledge. If a child's experiment fails the first time and the blocks come crashing down, encourage trying it again a different way. Children who are encouraged to explore their world through discovery will grow into better thinkers and planners who can gather information and evaluate ideas based on their experiences.

GreenFest is a good place to be curious. Howard County's premier, family oriented Earth Day celebration. Come for the fun and free outdoor activities, workshops, and giveaways; pick up plants from the native plant sale, get a picture taken in the photobooth, or bring clothing or household appliances to the Repair Café. Visit some of the green businesses and nonprofits assembled into a "Green Mall." There will be live birds and reptiles. A schedule of workshops and other information will be posted at www.HCGreenFest.org. Updates will be through the LiveGreenHoward Facebook page.

EDUCATIONAL TOYS AT HCLS

Looking for new ways to meet the educational needs of the young children in your life?

Check out the toy collection at **Howard County Library System (HCLS)**! Established in 1983 to meet the unique educational and developmental needs of children ages birth to three, the library offers a collection of more than 370 different educational toys, puzzles and puppets. Each toy is evaluated for appropriateness for targeted age levels and developmental play value. Toys may be borrowed for 21 days and are loaned in sturdy, blue mesh bags with an attached tag listing essential details about the toy. To borrow toys, visit the children's area of any HCLS branch, browse the "flip & views" containing photos of available toys then take your selection(s) to the children's desk. An Instructor will retrieve the toy(s) for you to check out. You may also search for and request toys online at hclibrary.org.

SUMMER 2017: BUILD A BETTER WORLD

Summer will be here soon! This year's summer reading theme for children, teens and adults is **Build a Better World**. Help your child maintain and build better learning and reading skills by reading, listening and participating in a variety of activities such as "build a better you" and "build a better community." Online and in person registration begins Thursday, June 1 at hclibrary.org and at all HCLS branches.



The image is a promotional flyer for Howard County GreenFest. It features a light blue background with a dark blue border. At the top, the text "Howard County GreenFest" is written in a green, sans-serif font, with a green leaf icon to the right. Below this, the phrase "Earth Day Every Day" is written in a black, cursive font, arching over a central graphic of a globe with green leaves. To the right of the globe, the text "Save the Date!" is written in a large, bold, green font. Below that, the date and time "Saturday, April 22, 2017 10 am - 4 pm" are listed in a black, sans-serif font. At the bottom right, the location "Howard Community College" and the website "www.HCGreenFest.org" are provided in a black, sans-serif font.

NEED BEFORE OR AFTER SCHOOL CARE FOR YOUR CHILD THIS FALL?

Parents, it's only spring! Who wants to think about a new school year, a later start date and making decisions about before and/or after school care? You! Please don't delay this decision since some programs are enrolling now and you may miss out. What are your options? There are two agencies that serve the Howard County Public Elementary and Middle Schools on-site at schools. To determine what program services your child's school visit:

www.hcpss.org/schools/before-and-after-school-care/

Other options include licensed family child care providers, child care centers or various after care sports programs. For a listing of options look at the:

Parent's Guide to Howard County at

www.howardcountymd.gov/parentsguide

If you need help or additional resources, contact the **CARE Line** of the Howard County Office of Children and Families at 410-313-CARE (2273) or email:

children@howardcountymd.gov

TAKE SOME ME TIME AT WOMENFEST

All mothers are working mothers. Whether at home or in the office, it seems their jobs are never done! If it feels like taking a little "me" time is more of a dream than reality, Howard County's WomenFest can help. WomenFest offers women of all ages a day to just "be" – be yourself, be relaxed and be inspired – without distractions. Join us for a day of activities designed to boost your health and wellness, attend engaging workshops, shop for home and fashion accessories, beauty products, home improvement services and more from 100+ vendors.

General admission and parking are free. There's something for everyone at WomenFest, including plenty of support for stressed-out working moms!

This year's seminars include:

- **Be Calm** - treat your senses while you explore aromatherapy and essential oils, and create your own personal spray mist to take home.
- **Be Current & Clutter Free** - Update your look and declutter your surroundings to create a new, peaceful space.
- **Be Aware** - Scams are a fact of life; learn how to stay safe when shopping, banking, and connecting with friends online.
- **Be Empowered** - Push yourself to the next level in your personal or professional life.
- **Be Informed** - From painkillers to heroin, learn how opioid addiction is impacting families from someone who has walked this path.

Hope to see you there!



Special Education and Early Intervention Services Present

Family Resource Fair



Saturday May 6, 2017

10 a.m.–2 p.m.

Cedar Lane School

11630 Scaggsville Road, Fulton, 20759

Get connected to:

- Services, equipment, resources and tools available in the community and HCPSS.
- Wellness and health-related activities and information.
- Physical therapy and adapted PE activities and programs.
- Camps and activities for kids with special needs.
- Information about speech, hearing, vision, developmental and social disabilities.

Enjoy learning games, fun activities, and more!

Local service providers are invited to participate. Sign up at: <http://hcpssne.ws/resr-fair-reg-17>



Save the Date
for the 9th Annual

WOMENFEST

A Health & Wellness Event for Women

Saturday, April 29 • 10 am - 3 pm

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

INFORMATION • INSPIRATION • IDEAS
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes



Howard County Office on
Aging and Independence

410-313-5440 (VOICE/RELAY)

www.howardcountymd.gov/womenfest

If you need accommodations to attend, please call
Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

KNOW YOUR HAZARDS

Parents are constantly facing difficult choices about how to best protect their families from potential disasters. What are the best steps that they can take to help respond to the next disaster given that no one is sure what the next disaster will be?



Howard County residents spend significant amounts of time, money, and energy preparing for low-likelihood/low-impact events while other high-risk hazards are completely overlooked. The Office of Emergency Management recently developed the **Community Hazard Handbook** project to provide parents with objective, quantifiable hazard information to support individual preparedness efforts. After all, the first step in preparedness is to understand what you should be preparing for.

The Handbook is a 36-page publicly-available document consisting of the following sections:

- Introduction to understanding hazards and hazard risk
- How to use the Handbook for personal preparedness
- Risk overview comparing and ranking all 26 manmade and natural hazards by Likelihood, Consequence, & Overall Risk
- 26 one-page Hazard Profiles

Each one-page Hazard Profile is designed to be used as part of the Handbook or as a standalone information sheet. Each profile details the local occurrence of the hazard, the expected future likelihood of the hazard, the Overall Risk score, and the hazard's anticipated impact to property, health & safety, critical facilities, response capacity, the environment, and the economy. Because understanding the hazards facing our families and communities is only the first step, the Office of Emergency Management has also developed templates, and fact sheets on how to prepare your family and household for these threats.

You can find the Handbook and ReadyHoCO preparedness documents at www.howardcountymd.gov/LinkClick.aspx?fileticket=n6LQlsKONyg%3d&portalid=0 and choose preparedness today.

PARENTING COACH

Parents frequently call the CAREline and attend Family Institute workshops because there are so many parenting questions. Getting individualized information and specific help in regard to needs in Howard County is the best way to go. But, what happens when a parent finds out about a problem in the middle of the night or on a weekend? That is when a parent coach could come in handy.

Parents that turn to the internet for resources need to find a site that has expert advice. Understood.org provides an online resource called the **Parenting Coach**.

This website provides practical ideas for social, emotional and behavioral challenges that children experience. Though originally created for just children with special needs, it now also offers

information on a variety of topics for typically developing children as well. Parents are able to input their child's grade and area of concern and get immediate ideas on how to help their child with behavior issues.

To see if there are answers to some of your parenting behavior questions, visit the Parent Coach at: www.understood.org/en/tools/parenting-coach



DRUGS...NOT MY CHILD

Parents need to arm themselves and families with the truth to better understand the realities of prescription pain medication misuse and heroin use. Some places to gain information:

The Federal Bureau of Investigation and the Drug Enforcement Administration produced a powerful video of the witnesses firsthand journeys into addiction and the continuing struggles of several opioid addicts:

[Chasing the Dragon: The Life of an Opiate Addict](#)

Maryland Public Television premiered "[Breaking Heroin's Grip: Road to Recovery](#)", a program that examined the stories of three Maryland residents in rural and urban settings with an opioid use disorder; this program concentrated on their individual struggles and recovery from addiction.

Locally, HC DrugFree will present "**Not My Child**" on April 25 at River Hill High School at 7:00 p.m. Visit www.hcdrugfree.org for more speaker information.

All parents are strongly encouraged to attend to learn more about the drugs abused in Howard County, what everyone needs to know and do about the rise in overdose deaths happening here, how parents and the community can better arm ourselves to help our children (whether pre-teens or adult children), and much more.

HEALTHY EATING LOCALLY

ROVING RADISH

The Roving Radish is a Howard County program dedicated to promoting healthy farm to table eating habits to our community, while creating sustainable markets for our local and regional farms. They achieve this by selling healthy meal kits, sourced from local and regional farms, to our community. The meal kits are made available to all Howard County residents, and are offered at a discounted price to those in need. This program begins in May. For more information, visit their website at www.rovingradish.com or call 410-992-2049



HUNGRY HARVEST

Hungry Harvest is a fresh, recovered (not perfect) produce delivery service on a mission to fight food waste and hunger. They deliver fresh fruits and vegetables to your door (home or office) on a weekly or bi-weekly basis.

Boxes can be personalized by letting them know what produce you love and what produce you don't like. They have a variety of boxes catered to fit your lifestyle. The most popular option, the Mini Harvest provides approximately 5-7.5 lbs. of produce, including 1 leafy green, 3-4 types of vegetables and 2-3 types of fruit. It's great for 1-2 people. Hungry Harvest accepts SNAP (formerly known as food stamps). Additional add on products such as peanut butter, jelly, bread and granola are available. Boxes run \$15 and up. www.hungryharvest.net email family@hungryharvest.net

COMMUNITY GARDEN PLOTS

Are you interested on growing your own produce but don't have room in your backyard? Consider renting space in a community garden:

Seeds of New Life

9566 Old Route 108, Ellicott City
Contact: seedsofnewlife@gmail.com

The Howard County Conservancy has a 63-plot community garden on Rt. 99 in Woodstock, MD. The plots are 20 ft. X 25 ft. Call the Howard County Conservancy at (410) 465-8877 or email Garden@hcConservancy.org (link sends e-mail) for an application and more information.

Columbia Gardeners

There are 3 community garden sites in Columbia
www.columbiagardeners.com
Waiting list Sign Up, email columbiagardeners@gmail.com

For more information about community gardens visit:
<https://extension.umd.edu/growit/community-gardens/howard-county-community-gardens>

HOWARD COUNTY FARMER'S MARKETS

Howard County Library - Miller Branch

9421 Frederick Road, Ellicott City
May 4 to November 16
Wednesdays 2:00 p.m. to 6:00 p.m.

Howard County Library - East Columbia Branch

6600 Cradlerock Way, Columbia
May 5 to November 17
Thursdays 2:00 p.m. to 6:00 p.m.

Howard County General Hospital

5755 Cedar Lane, Columbia
May 6 to October 29
Fridays 11:30 a.m. to 4:30 p.m.

Ellicott City Old Town Market

Uptown at the Wine Bin and Midtown at Little French Market
Saturdays, May 14 - Oct. 29
9:00 am – 1:00 pm
www.ellicottcityoldtownmarket.com

Maple Lawn Farmers' Market

8191 Westside Blvd, Fulton
Saturdays, May 7 – Oct 29
9:00 am – 1:00 pm

Glenwood Community Farmers' Market

Howard County Library-Glenwood Branch
Saturdays May 14 – Oct. 29
9:00 am – 1:00 pm

River Hill Farmers Market

River Hill Garden Center, 12165 Clarksville Pike
Saturdays, May 14 through November 5
9:00 am - 1:00 pm.
www.RiverHillFarmersMarket.org

Oakland Mills Village Center

5851 Robert Oliver Place, Columbia
May 8 to November 20
Sundays 9:00 a.m. to 1:00 p.m.

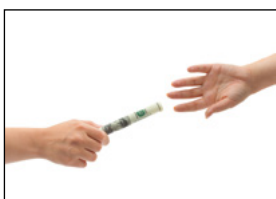
For more information and to view a harvest calendar visit
www.hceda.org/farms-agriculture/buy-locally-grown/farmers-markets.aspx





www.usda.gov/media/blog/2017/01/13/cost-raising-child

PASSING THE FINANCIAL BATON



The USDA ran the numbers and calculated that it will cost \$233,610 to raise a child to the age of 18 who is born today. That doesn't even factor in the college years! That requires serious savings. Saving is a

very important skill to have for your children, but should also be a skill passed down to them.

Consider how uncomfortable people are with talking about money. Parents tell kids to save money and, "we can't afford that," but are you having the real conversations about what that means? By starting to have the conversations about money early, children have plenty of time to develop good habits for their lifetime.

When children leave for college and are out of the parent's mindful eye, a slip-up can do major damage on the road to good credit. By laying the foundation of fiscal responsibility before they leave, children will have learned something about spending within limits and had plenty of practice resisting impulsive purchases that accrue large interest.

Sometimes parents miss important talking points, so MakingChange and the Family Institute will be offering a workshop, **Where Did My Money Go?** to help parents and teens make sure that they are on the right track to a solid financial start. Topics covered will be: Tracking your spending so you know where your money goes, effective and practical budgeting techniques, power of compounding and its effects on savings and investments, building and using credit wisely and how to turn even 1 cent into more than 1 million.

Take some time with your teen June 1 from 6:30 - 8:00 p.m. to see what money conversations you should be having as you pass the financial baton to them. Register:

www.howardcountymd.gov/familyinstitute

"TO AND THROUGH COLLEGE & CAREER"

HOWARD COUNTY LIBRARY SYSTEM HOMEWORK CENTERS

Starting March 1, 2017 all **Howard County Library System Branches (HCLS)** now offer Homework Centers for children in kindergarten through college age. Homework Centers enhance the homework completion experience to maximize student academic success and inspire students to attain their high school and college diplomas, and career certifications. Children under age 8 must be accompanied by an adult. **The Homework Centers will be open Monday – Friday from 3:00 p.m. to 6:00 p.m.**

Homework Centers will offer:

- An inspiring, studious environment
- Study room/area reservations (Ideal for a group)
- Assistance from HCLS Instructor and Research Specialists
- School Supplies

For more information on homework assistance at HCLS, go to your local Library branch or visit their website, **HCLS Homework Centers** <https://goo.gl/uDmKAQ>

MAKING FAMILY MEALTIMES FUN

The United States Department of Agriculture has plenty of information to make family meals healthier and ideas for parents on getting children involved. Family mealtime is a great time to get all hands on deck.

Sitting down together for a meal whenever you can is a great way to connect with your family. Keeping it relaxed is key to making sure you are getting the most out of this time together, including talking, laughing and choosing healthy foods. Here are some tips from families for making meals more relaxed in your home:

- Remove distractions
- Talk to each other
- Give each family member the spotlight
- Let kids make choices
- Let everyone help; kids learn by doing
- Make-your-own dishes like tacos, mini pizzas, and yogurt parfaits get everyone involved in meal time
- On nice days, opt for a change of scenery
- Reserve a special plate to rotate between family members

To see all the details for mealtimes, visit the USDA site at: <https://www.choosemyplate.gov/families>

AGENCY SPOTLIGHT

THE HOWARD COUNTY OFFICE OF WORKFORCE DEVELOPMENT OFFICE

The Howard County Office of Workforce Development Office Guiding youth in identifying and accomplishing educational and professional goals. Services are aimed at helping each individual succeed. Staff work with youth one-on-one to create a personal plan for success and provide a connection to education and/or employment for in-demand occupations.

Services Provided:

- High school diploma attainment
- Career and employment coaching
- Skills training
- Tutoring
- Resume, interviewing assistance
- Job search assistance
- Paid/unpaid work experience

Who is eligible?

Youth must reside in Howard County, be ages 16-24 and meet one of the following criteria:

High school drop out, homeless or runaway, pregnant or parenting, foster child, an offender, lack basic skills in reading and math, be a youth with a disability, low income.

We may be able to assist youth who are seeking a high school diploma/GED, entry level position or occupational skills training to reach career goals.

Please visit our office, located at the Columbia Workforce Center to take advantage of the many services available. For additional information or to set up an appointment to enroll in the program, contact the youth coordinator, Jermira Sarratt, at 410-290-2620 or email jesarratt@howardcountymd.gov

The Howard County Office of Workforce Development also offers workforce development assistance for adults. Eligible job seekers may even qualify for skills training, helping to gain a competitive edge.

CHILD AND ADOLESCENT RESOURCES AND EDUCATION for Howard County Families

THE CARE LINE

- 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) VOICE/RELAY

children@howardcountymd.gov • www.howardcountymd.gov/children

This FREE SERVICE is provided by the Howard County Office of Children and Families with the support of Howard County Department of Community Resources and Services, the Howard County Office of Local Children's Board, Maryland State Department of Education, Howard County Mental Health Authority and the Governor's Office for Children.

If you need this information in an alternative format, contact the Office of Children and Families at 410-313-1940 (voice/relay) or children@howardcountymd.gov



The Family Institute offers Informational Sessions, Training Workshops and Resources for Parents on Child Development, Positive Discipline and Adolescent Issues

The Family Institute

A PARENT EDUCATION PROGRAM • Howard County Office of Children and Families

SETTING YOUR CHILD UP FOR SUCCESS IN KINDERGARTEN

Monday, April 17 • 6:00-7:30 p.m.
3300 N Ridge Rd #240, Ellicott City, 21043
FREE! Space is limited; pre-registration recommended

OR

Thursday, June 15 • 6:30-8:00 p.m.
Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
FREE! Space is limited; pre-registration recommended

Have you ever wondered what a typical day in Kindergarten looks like? Is your child excited for the “big” school, but you are nervous for this next step? Need help feeling prepared to help your child in this transition? Attend this workshop to: Take a closer look at a typical kindergarten schedule. Discuss ways to set your children up for success in reading, writing & math. Leave with great activities and ideas to practice at home with your child as they prepare to head to kindergarten in the fall!

PARENTING ON THE SAME PAGE

Thursday, April 27 • 6:00–8:00 p.m.
Cradlerock Elementary
6700 Cradlerock Way, Columbia, 21045
Space is limited; pre-registration required
(Child care available upon request; 2 yrs. and up)

Whether you are together or apart, parenting your children on the same page can be tough. Parents have different upbringings, personalities and opinions, yet still need to figure out how to be a united front for their children. Kids are great observers of their parents and their environments and hear more than we realize. It becomes even more imperative for parents (or grandparents) to work together to create similar expectations and parenting decisions in each home when families are separated, divorced or blended. Attend this workshop to learn: Strategies on how to make decisions to be on the same page, create plans for your family that focus on creating responsible, successful and emotionally secure children, learn co-parenting strategies to create a stable foundation in one or two homes and how to manage children’s reactions when there are significant life changes.

FROM CHAOS TO CALM MANAGING FAMILY TIME WITH YOGA

Saturday, May 6 • 9:00-10:00 a.m OR 10:15- 11:15 a.m.
Bain 50+ Center
5470 Ruth Keeton Way, Columbia, 21044
FREE! Space is limited; pre-registration required

Research shows that yoga is full of benefits for children and adults alike. But how does a family incorporate yoga practice into a busy household amidst demanding schedules? What does yoga look like when it is a functional tool for providing calm during stressful family moments? Attend this workshop with your 3-6 year olds to:

- Learn introductory yoga designed to stimulate the parasympathetic nervous system.
- Identify practical ways to integrate breath work and body movement into basic family routines.
- Empower yourself and your child with simple methods to countdown to calm’.
- Make and take home a ‘Mindful Jar’ for your family.



WORKSHOPS AT YOUR LOCATION

If you are interested in hosting a workshop at your school, facility or workplace, contact Lisa Rhodes, Family Engagement Specialist:

410-313-1440 (VOICE/RELAY) or email
children@howardcountymd.gov

FAMILY FIRST PARENTING WORKSHOP SERIES

Join the Howard County Family Institute for a special series designed for parents and guardians raising children from **birth to age eight**. 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 five classes can receive a Certificate of Completion upon request.

CHILD CARE NOT PROVIDED.

Who Should Attend: Parents and Guardians of children ages **birth to eight years** who want to improve their parenting skills and learn new ideas for raising a healthy, happy child.

Location: Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City, 21042

Cost: \$8 per class (\$35 for complete five- part series)

Time: 6:00-8:00 p.m.

Space is limited; pre-registration is required:

Online: www.howardcountymd.gov/familyinstitute

Questions: email: children@howardcountymd.gov

Because kids don't come with directions!

PARENT PAGES



A quarterly digital publication from the
Howard County Office of Children and Families

Parent Pages is a FREE, quarterly, digital publication, geared to children of all age and interests, specifically to Howard County.

www.howardcountymd.gov/children

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

www.howardcountymd.gov/familyinstitute

Howard County Office of Children and Families
3300 North Ridge Road, Suite 380
Ellicott City, MD 21043

410-313-1940 (VOICE/RELAY)

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

 [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

This information is available in alternate formats upon request.

PLEASE FEEL FREE TO SHARE THIS PUBLICATION

Be a Brain Builder: Know As They Grow

Wednesday, April 19 • 6:00-8:00 p. m.

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 experiences matter and ways you can capitalize on these early foundational moments.

Keeping Kids Healthy

Wednesday, May 17 • 6:00-8:00 p. m.

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.

Keeping Kids Safe

Wednesday, May 31 • 6:00-8:00 p. m.

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.

Discipline and Communication Part 1 & 2

Wednesday, June 7 • 6:00-8:00 p. m. (Part 1)

Set the stage for better behavior. Become familiar with temperament types and learn how to use this information to individualize your interactions with your child. 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, consistency and self-esteem.

Wednesday, June 14 • 6:00-8:00 p. m. (Part 2)

Learn how to teach children self-control and problem-solving techniques that they can use in the moment of behavior problems. 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 and tools to implement immediately!

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

BEHAVIOR BASICS AND MANAGING MELTDOWNS

Tuesdays: May 9, 16, 23 • 6:00-8:00 p.m.

East 50+ Center

6600 Cradlerock Way, Columbia, 20145

\$18/person; space is limited; pre-registration required

Social Emotional Foundations of Early Learning, (SEFEL) 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 behaviors 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 **Three-part workshop** with skills to use immediately. A workshop for parents, grandparents and anyone working with children **ages one to six.**

TEEN ANXIETY: HOW TO RECOGNIZE, COMMUNICATE & HELP YOUR TEEN

Thursday, May 11 • 6:00-8:00 p.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia, 21044

\$8/person; space is limited; pre-registration required

Adolescence is a stressful time filled with academic, community, and social pressures. Stress tops the list of concerns of most teenagers today. A teenager who has been anxious since childhood may have a lifestyle built around anxiety. An anxious teen may filter out activities and environments and may have trained friends, family and teachers to limit expectations. It can be more challenging to treat anxiety due to the developed unhealthy coping mechanisms used to manage and avoid stressful life experiences. To manage anxiety, teens can learn to practice positive coping skills rather than avoiding environments and situations that cause stress. Teens that have parental support during stressful times are more likely to navigate daily struggles successfully. Parents can support their children by being aware of their child's stress signals and challenging behaviors to express their feelings. This workshop will discuss how to recognize anxiety, gain a better understanding of how to support your child, communicate with your teen about their symptoms, and ensure you don't perpetuate their anxious feelings.

Do you want to attend a PARENTING WORKSHOP

but need a little extra motivation?

You've heard it takes a village to raise kids – so why not bring the village along for the ride? Group learning can be extra effective! Tap into neighbors, friends, your playgroup, family members, your PTA, or other school families to learn and socialize together!



CREATING SOCIAL STORIES AND USING VISUALS

Wednesday, May 24 • 6:00-7:30 p.m.

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City, 21042

FREE! Space is limited; pre-registration recommended

Kids do better when they know what to expect. Many children benefit from seeing—not just listening. Social Stories and visual schedules can help young children know what to do. In this session we will discuss what Social Stories and visuals are and how to create them to fit your child's individual needs. We will look at a step by step approach to creating Social Stories that can be used practically anywhere. We will also discuss the importance of using visual cues and schedules to help children succeed throughout their day and learn skills to develop better behavior. Leave this workshop ready to help your child.

WHERE DID MY MONEY GO? GIVING THE GIFT OF MONEY EDUCATION

Thursday, June 1 • 6:30-8:00 p.m.

Bain 50+ Center

5470 Ruth Keeton Way, Columbia, 21044

FREE! Space is limited; pre-registration required

Everyone talks about college being so expensive, yet tuition is not the only place money is spent. When children turn 18, they become legal adults and start their financial future. Teens are vulnerable to financial pitfalls that take advantage of their inexperience, marketing that encourages lots of spending and credit and many opportunities to head down the path to large debt and fiscal misfortune. Have you laid the groundwork for your child? Parents and teens are invited to discuss topics on:

- Tracking your spending so you know where your money goes
- Effective and practical budgeting techniques
- The power of compounding and its effects on savings and investments
- Building and using credit wisely
- Turning even one cent into more than one million