

PARENT PAGES



Because kids don't come with directions!

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

Fall 2017 | VOLUME 6, Issue 4

HOWARD COUNTY'S ACHIEVE 24/7



As a parent, we know that September is a month of transition. Summer vacations, camps and other outdoor activities are winding down and it's time to gear up for another year of learning.

When it comes to our children, their educations are a top priority. And we know that education doesn't

only take place during school hours. That's why we have launched my **Achieve 24/7** initiative.

Achieve 24/7 will increase opportunities and eliminate barriers to success for all children and youth in Howard County. We are committed to making sure every child in Howard County has opportunities to learn, grow and thrive.

Achieve 24/7 will be a partner-driven strategy relying on local leadership teams in our neighborhoods to identify the needs of children and families – and to seek solutions to meet those needs. This multi-pronged initiative will focus on filling gaps in services and addressing issues that over the long-run can have a negative impact on student achievement.

It will be run by the county's Department of Community Resources and Services, in conjunction with our many

partners, including our Office of Children and Families, Local Children's Board, Howard County Public School System, Howard County Library System and others.

We formally announced Achieve 24/7 in June, kicking off the first pilot program which provided nutritious foods for children over the weekend throughout the summer. The Weekend Warrior Snack Pack program just wrapped up today and, over the course of the summer, we distributed more than 1,200 free backpacks to youth under age 18. The program was offered at two sites in Columbia, supplementing the Howard County Public School System's free lunch program.

Later this month, we will announce the second initiative under the Achieve 24/7 umbrella; stay tuned for details as we roll out additional programs focusing on early childhood education, child mental health, career readiness and other issues.

All children deserve a chance to succeed and reach their full potential -- academically, socially, health-wise and in other endeavors. Working together, we can make this happen.

Best regards,

Allan H. Kittleman
Howard County Executive

HOWARD COUNTY'S DINNER HELPER

With busy fall schedules, planning and preparing healthy meals can become increasingly difficult for families. Roving Radish is Howard County's local dinner helper. This program promotes healthy eating habits through meal kits comprised of locally and regionally grown foods straight from the farm to your table.

Each meal kit provides all of the ingredients and instructions for two meals, for a family of four. The kit includes meat or other protein, vegetables and/or fruit, as well as products like pasta or rice. Most items will come already cut and chopped, so they are ready to cook. The ingredients are listed on the meal kits ingredients tab on the ordering page of the website.

The kits are available to anyone who works, plays or lives in Howard County (\$32/kit or \$16/kit for qualifying need).

Pick up is available at nine different locations around the county on Mondays, Tuesdays or Wednesdays through the end of November. To learn more about this timesaving program and order a kit today, visit: <http://www.rovingradish.com/>



PROMOTING PARENT-SCHOOL PARTNERSHIPS

Each school year begins with new hopes and expectations. Research has shown that the more families are actively involved in their child's education, the more successful the child will be in school. How can you as a parent effectively partner with your child's school? Try the following tips to make this a successful and positive school year!

COMMUNICATION

- Find out the best method to communicate with staff at your child's school through email or phone calls.
- Regularly visit the HCPSS county website www.hcpss.org and your child's school's website for current and updated information.
- Complete and return forms and paperwork promptly and make sure the contact information you provide is current.

INTERACTIONS

- Keep your commitments for school conferences and meeting dates.
- Be positive with your child when discussing the school and school staff.
- Respect the concerns of staff and other students while speaking up for your child.

INVOLVEMENT

- Stay informed about your child's progress in class, as well as projects and homework assignments.
- Explore opportunities to volunteer, mentor, or be a guest speaker. Consider serving on a school-sponsored committee.
- Provide feedback; let staff know when they are doing a good job.
- Watch Board of Education meetings on www.hcpss.org/tv/; note which committees welcome parent participation.

PROBLEM SOLVING

- Focus on possible solutions rather than the problem itself.
- Try to resolve mistakes quickly, completely, then move on.
- When you have an issue that requires further explanation, reach out to the staff member involved and ask questions.
- If you are unable to resolve a conflict with a teacher, ask to speak to the team leader.

A positive and successful parent-school partnership can help your child succeed in learning and in life. For more information, check out: <http://parents.nea.org/parent-educator-partnerships/parents-educators-team/>, <http://www.mdpta.org/> and <http://www.pta.org/>



CONCERNS ABOUT YOUR CHILD'S DEVELOPMENT

Parents are you concerned that your 12-month-old isn't crawling or standing when supported? Perhaps your preschooler doesn't make eye contact, want to play with other children or understand simple instructions. Does your school age child run around the classroom, unfocused and disruptive? Are there diagnosed conditions related to social/emotional, language, cognitive (learning, thinking) or a physical development that may impact your child's education? If you're worried and not sure where to look for answers start with your child's child care provider, teacher and/or pediatrician. Each of these professionals is knowledgeable about developmental milestones, things your child can do by a certain age and educational levels. Oftentimes by sharing and exchanging information, your concerns are eased with suggestions and tips on things you can do to assist your child at home.

If that isn't the case, referrals to services through the Howard County Public School System would be your next step.

[The Office of Early Intervention](#) provides free developmental interventions from birth to five years of age. A multidisciplinary team conducts assessments of your child's development and school readiness skills. If it is determined that your child is eligible for services, an individualized plan for intervention is created with you. Under the Office of Early Intervention, the Infants and Toddlers Program serves children under three years of age and Child Find serves children three to five years of age.

[The Family Support and Resource Center](#) provides assistance to families with children that have special needs from kindergarten and up with Individualized Educational Plans (IEP) and Individual Family Services Plans (IFSP). They have information, service referrals, workshops, a newsletter and more.

[HCPSS School Counseling Services](#) focuses on issues of all students, academics, career and personal/social development. Counseling, consultation, case management, coordination, program evaluations are just a few methods used to assist students and families.

If you are unsure where to start, contact the **CARE Line at 410-313-CARE (2273)**, Howard County's free information and referral line for families.

BABIES LEARN FROM DAY ONE

Everyone wants their child to be successful, smart, able to solve problems and connect with others. But is there a way to help babies meet these goals? Is that really within our control? For most babies, the answer is yes! Parents can put their baby on the road to developing early social, emotional and communication skills simply by talking to them in responsive ways.



Research shows that babies who hear more words in positive and responsive interactions have larger vocabularies, achieve more success in school and grow up to lead more successful lives. Infants first express themselves through facial expressions and body movements. They may coo, making small vowel-like sounds. When parents echo their child's sounds and movements, the first "conversations" take place; as babies respond, it creates an important interaction. Both are types of conversation; the imitations of baby's sounds or first words spoken in warm and responsive ways supports the development of early language skills.

Talking, reading, and singing to a baby can also make an enormous difference in a child's life. Frequent daily interaction can support cognitive development in all children, even those who have additional needs or disabilities. Talk to your children about the day's activities as you go through the day: "Let's put orange socks on those little feet." or "Time to go in the car seat for a visit to Nana. Nana loves these visits!"

Explain the big beautiful world to children. Parents can be the best interpreters for what their children are seeing: "Oh, this dog looks like the neighbor's dog, doesn't he? But look at that dog; he is so little, and he is a dog, too!" Talking about the world around them helps children learn how to think, interact and see themselves as an integral part of this world.

This basic skill is so important, but not every parent knows about the positive impact of conversations with their babies. It may be natural for parents surrounded by family members and friends talking to their babies and children over time to continue the practice. Unfortunately, some parents may have missed seeing this, and as a result, may not be familiar with the idea of "talking" to a baby. Children who are not regularly exposed to this rich experience may not develop as well, and could have resulting social/emotional problems.

If you have a baby at home, talk, play, read and sing to them every day! If you are interested in joining a group in Howard County to help spread the word about the importance of helping parents learn to talk to their babies, email children@howardcountymd.gov. Share with everyone you know that talking, reading and singing can make a difference in every baby's life. Parenting can be hard, yet talking is easy!

SENSORY FRIENDLY STORIES FOR PRESCHOOLERS

Looking for a small group, judgement-free children's class filled with stories, music and movement? Children of all abilities, between the ages of three to five, along with their parent or caregiver are invited to register for one or more sessions of **Sensory Friendly Stories & Fun** at several **Howard County Library System** branches this fall. Each thirty-minute class is designed to provide a quieter, more intimate atmosphere than traditional children's classes. Sensory Friendly Stories & Fun will be offered at the Glenwood Branch in September, at the Central and Miller Branches in October and at the Savage Branch in November. Registration is required and begins one week before each class. Visit HCLibrary.org or call your branch for exact dates and times.



Together we can help Howard County families in need by collecting diapers and wipes

The Howard County Department of Community Resources and Services is sponsoring a diaper drive from August 28 - September 30. Items needed are diapers (newborn through size 6, including pull-ups) and baby wipes. Open packages cannot be accepted.

HOWARD COUNTY DROP-OFF LOCATIONS:

The Bain 50+ Center

5470 Ruth Keeton Way, Columbia

Gateway Building

6751 Columbia Gateway Dr, Columbia

Recreation and Parks Headquarters

7120 Oakland Mills Blvd, Columbia

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel

Gary J. Arthur Community Center

2400 MD-97, Cooksville

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City

For more information, call 410-313-1940 (voice/relay) email: children@howardcountymd.gov or visit www.howardcountymd.gov/children

EMPOWERING GIRLS

Even strong, confident girls may struggle during the adolescent years. By the time they enter middle school, girls are faced with many new social pressures, compounded by the complexities created by physical development. During these tenuous times, insecurities can cause girls to judge themselves based on how they compare to their peers. This may cause rifts in friendships and undermine the confidence of even the most self-assured girl.

Parents can support girls by identifying ways to strengthen their self-esteem and enhance their unique talents. Girls benefit most when they enter adolescence with a positive self-image, so interventions are important for girls as early as third grade.

After-school programs like Girls on the Run and Heart & Soul (www.gotrcentralmd.org) encourage girls to judge themselves based on their own standards of performance rather than competing with their peers. Physical activity and a well-developed curriculum helps them deal with issues like peer pressure, self-confidence, creating healthy boundaries, physical and emotional self-care, and conflict resolution. In short, these programs provide girls with a reliable compass to navigate adolescence.

This supportive climate highlights each girl's individual talents and helps her develop her own unique goals. Personal empowerment minimizes the temptation to compare, compete, and succumb to peer pressure.

It can feel scary to send your daughter out into an uncertain world. The best way to ensure her success is to create a solid foundation of self-confidence and strength so she can realize her own limitless potential and unique ability to contribute in the world.

FIVE THINGS YOU CAN DO AT HOME

1. Help her find her "thing." Whether it's sports, music, art, or organizing the kitchen shelves, girls build self-esteem by doing things they love and at which they excel.
2. Encourage her, no matter what. Her passions may make you cross-eyed with boredom, but she's counting on your support.
3. Help her navigate relationships. Suggest simple ways to dissolve tension with friends, like the following "I" statements: "I feel ____ when you ____ because ____." In the future, I'd like for you to ____."
4. Teach her to stand up for herself and others. Speak to her about what to do when she feels intimidated or sees others being bullied.
5. Help her love herself. Talk to her about how to stay healthy and strong, without focusing on appearance. Remind her that beauty comes in all shapes and sizes, and not to compare herself with others.

SCREEN-TIME vs. SLEEP-TIME


Technology has thrown a new twist into restful nights for teens and parents. In an age of delayed bedtimes due to homework, sports activities, television and video games, screen-time has its disadvantages when it comes to disrupting sleep. Though many teens feel confident as multitaskers, early start time for school can be problematic and consistent late nights tend to impact academic success and grades.

HOW CAN PARENTS ENSURE THAT ADOLESCENTS ARE GETTING ENOUGH REST?

- Agree on phone turn off times. Modeling the behavior as a parent is valuable.
- Keep the phone out of the bedroom after turn-off times. This may help with the teen who has the need to text a friend late at night.
- Educate through creative conversations about how screen lights impact sleep hormones and prevent one from having a good night's sleep. This impacts the ability to concentrate, maintain a healthy weight and do well in school.
- Lastly, you may want to invest in a good old fashion alarm clock, not on the phone.

Interested in reflecting on your family's screen time?

Take a quick quiz from TAP CLICK READ's **The Three C's: Content, Context, and Your Child** www.readingrockets.org/pdfs/2016_TCR_3Cs.pdf



THE JACARANDA CENTER
for Family and Youth Development, Inc.

Family Matters! ANNUAL CONFERENCE

Strengthening Families in Unsettling Times

We live in unsettling times. Domestic and teen violence, shootings, bullying, debt, suicide, divorce, fatherlessness, stress, anxiety, pornography, depression are realities of the day.

These stressors unsettle us personally and threaten the stability and health of our families.

The question becomes: "How do we strengthen families to weather these unsettling times?"

Join The Jacaranda Center for a day-long conference of support and strategy-building through an open and honest dialogue.

14 October, 2017
9:00 am – 3:00 pm
Doors open at 8:30am

New Hope Lutheran Church
8575 Guilford Rd,
Columbia, MD 21046


Dynamic Speakers
Small Group Discussions
Sharpened Skills

Cost: \$30 in advance
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Light breakfast and lunch served

Childcare provided
(Freewill offering accepted)

REGISTER TODAY at
<http://conta.cc/2rjLXN9>
or visit www.thejacarandacenter.org

For more information contact (410) 978-1859 or info@thejacarandacenter.org



BACK TO SCHOOL WORRIES AND ANXIETIES

by Dawn Marie Duignan, LCSW-C

As your child or teen prepares to start a new school year, they might begin to exhibit signs of anxiety and worry. Children and teens with anxiety have a difficult time adjusting to change and new situations. They may show this by asking repeated questions about their new class, teacher and friends. Some children may avoid talking about school or develop new fears. Parents might see some regression in previously accomplished tasks or children can become more insecure and dependent.

Some practical tips to help ease and address anxiety:

ORGANIZATION

Get prepared this summer by creating a homework space free of distractions and stocked with supplies.

Children and teens do better with visuals. Use a dry erase board or desk calendar to mark important dates and weekly schedules. Review schedules with children and teens before the week begins. Mark the days when the schedule changes and incorporate after school activities. Don't forget to include nightly activities as well. Children with anxiety tend to have worries about their family's schedules as well.

PREPARATION

Take a ride or several rides past your child's school and take a tour. If it's a new school, take a look online at the school map or photo gallery.

Have your child keep a list of questions in a question journal as they are thinking about going back to school. This way you can investigate the answers together while encouraging your child to solve first on their own. When you solve the question, write it in the journal with words and/or pictures. When the same question is repeated refer them to their journal.

SOCIAL SKILLS

Take some time to practice social skills. Use opportunities in the community for help your child practice with adults and children. Discuss the social plan and write ideas on how to handle the situation. Plan play dates with other children that may be in your child's class. For teens, help your teen create opportunities to be social. Examples may be offering to drive friends to the mall, movies, or other activities that interest your teen.

COPING SKILLS

Prepare your child/teen for when things go wrong. It would be great if the whole year went perfectly for you and your child, but this is not always the case. Sometimes kids can really struggle with small set-backs when they are expecting life to be perfect. Practice for small set-backs like schedule changes, arguments with friends or low grades. How would your child or teen handle these small setbacks? Help them build individualized coping skills from the activities and hobbies that make them smile. Keep a list of these coping skills for your child in a safe place and have them practice

choosing a skill when something goes wrong. You can also practice with an example from your own life. Children and teens often see us worried and stressed, yet we should show them how we solve such problems or ease the worry.

ENCOURAGE INDEPENDENCE

As a parent, it is hard to watch your child struggle and we do not want our children to fail. Children are both going to struggle and fail at times. Try to let them solve the problem with small guidance or by just listening. Being able to manage feelings and anxiety on their own is a great way to learn how to work through it.

RESOURCES

There are great resources online and at the library. Read a book about anxiety together with your child. Help your child create their own book about anxiety that is specific to their own worries. Attend the Family Institute's Teen Anxiety: How to Recognize, Communicate & Help Your Teen workshop in November.

If you see that anxiety is getting in the way of your daily life or your child's, it may be time to seek professional help. To seek professional help, consult your family doctor or a behavior health specialist through your health insurance. If you need help with additional resources, call the **CAREline**, the free information and referral line in Howard County at **410-313-2273 (CARE)**.

TEEN HEALTH Summit

October 20

8:30 AM - 9 AM Check in
9 AM - 2 PM Event

Howard Community College
Health Sciences Building
10901 Little Patuxent Pkwy
Columbia, MD 21044

REAL QUESTIONS
REAL ANSWERS

LIFE DECISIONS
SUBSTANCE USE
HEALTHY SOCIAL MEDIA USE
STRESS MANAGEMENT
& MORE

Grades 10-12 | Free Registration | Lunch Included | Service Hours Available | Gift Card Raffle

More information:
Jackie Douge
jdouge@howardcountymd.gov
410-313-7569

To register, please visit:
<https://201/teenhlthsummit.eventbrite.com>

A Community Partnership Between:

HOWARD COUNTY HEALTH DEPARTMENT | Howard County Department of Community Resources and Services | HOWARD COMMUNITY COLLEGE | HCDrugFree | Howard County

You Can Get There From Here.

HELPING YOUR CHILD DEVELOP SOCIAL INTELLIGENCE

All parents want to provide their children with the skills, resources, and opportunities they need to reach their full potential. Raising children in our ever-changing society isn't easy and can often feel like an uphill battle on a day to day basis. We are social creatures; gaining energy, knowledge, and understanding from interactions with others, even those with opinions different from our own. Children learn to respond to others and the world around them by watching their parents and other trusted adults. A child's emotional awareness is developed and strengthened by the way adults respond to their emotions as well as the how those same adults show emotion. Feeling pressure to be perfect in our children's eyes doesn't let them see this modeling. Being transparent can be as simple as admitting a mistake or as complex as sharing what has been learned from a mistake. This type of interaction with children can help them the develop their social and emotional awareness.

FOCUS ON EMPATHY

One way to build this foundation is to focus on empathy. Empathy is the ability to understand and share the feelings of another person without necessarily having a shared experience. As a parent, this may mean letting go of the urge to give your child the "right" answer based on your experience and allowing them to describe the world as they see it without judgment or reprimand. Asking neutral questions about their experiences in the world around them can result in better understanding their thought process. It also helps to strengthen the parent-child relationship and model respect for the thoughts and feelings of others.

Some Ways to Reflect and Question Empathically

- 1) "It seems like something at school really upset you today, can we sit down and talk about what lead up to you feeling this way?"
- 2) "I'm hearing that your classmate's actions make you think you're not as smart as them. If I were one of those classmates what is something you could say to help me understand your thoughts?"
- 3) "Being angry is a natural emotion that sometimes makes us do or say things we don't mean. When I'm angry it makes it hard for me to use my words or hear the words of others. What happens for you when you get angry?"
- 4) "Everyone gets nervous or feels anxiety. Let's brainstorm some ways we can manage those feelings in a productive way."

CHOOSING CIVILITY

The little things we do during the day can make our community stronger and inspire others to pay those kindnesses forward. Parents are the biggest influencers of their child's behavior. What you do on a daily basis is observed and studied every day whether driving down the road, interactions in public or comments in your home. Actions speak louder than words, so take the time to show your child how to make the community a positive place to live. Some ideas on how to model these skills with your child:

- Buy a few items from your school's wish list
- Volunteer for a local nonprofit
- Put change in the vending machine for the next person
- Put your shopping cart back in its place
- Pick up trash at the park
- Host an impromptu ice cream social for your neighbors or coworkers
- Hide a note with a positive message inside the next library book you return so that the next person who checks it out will find it.



DRUG TAKE BACK DAY

According to The Partnership at Drugfree.org, two-thirds of teens who abuse prescription drugs are getting them from home, friends or family. The three steps to keeping a safe home are monitor, secure and dispose. Monitor what medications you have in the home, how much you have, and if there is any missing. Secure what you need to have in the home. Medicine lock boxes or bags can cost as little as \$20. Dispose of old, expired and unused medication safely on the National Take Back Day this fall.



HC Drug Free's next convenient drive-thru medication and sharps collection:
Saturday, October 28, 2017
10:00 a.m. to 2:00 p.m.
Wilde Lake Village Center parking lot

SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH

- Howard County's #ReadyHoCo initiative aims to create a more prepared and resilient community throughout



Howard County. That means starting in your homes, work, place of worships, schools, and businesses. Preparing for emergencies is something that you can do with the whole family. Help kids remember important information and plan together to create a family emergency kit. If you use child care, make sure to involve them in your plan! View videos from Sesame Street to

help you get your children involved in the process at <https://www.sesamestreet.org/toolkits/ready>

- Sign up for the Howard County's Office of Emergency Management social media-based **Emergency Preparedness Boot Camp**. If you stick with it for just 30 days, you and your family will be better prepared for potential emergencies and disasters. Each week will include an opportunity to win prizes based on the four pillars of **Ready HoCo: Get Informed, Make a Plan, Build a Kit, Get Involved**. Every Monday a weekly theme will be announced along with what you need to do to compete for a chance to win a preparedness prize. Winners will be announced on Fridays. For more information, visit www.ReadyHoCo.com and follow OEM on Facebook and Twitter (@ReadyHoCo).
- Maryland homeowners may not be aware of the new law for smoke alarms. Under this law, all nine-volt, battery-powered smoke detectors over 10 years old must be replaced with new 10-year non-removable battery-powered detectors that have a hush button by January 1, 2018. These sealed long-life battery alarms provide continuous protection for a decade. For more information, contact the Office of the Fire Marshal at 410-313-6040.

DISTRACTED DRIVING

Distracted driving is an increasing problem and contributing factor of motor vehicle crashes, specifically among teens and young adults. In Maryland, distracted driving contributes to 45% of all crashes, with drivers under 30 years of age accounting for nearly 36% of all distraction-affected crashes.

Every year, approximately 27,000 people on average are injured or killed as a result of distracted driving crashes in Maryland.¹ The Baltimore Metropolitan area, which includes Howard County, accounts for nearly 47% of crashes related to distracted driving.

Unfortunately, distraction is more likely to be a factor in fatal crashes among teen drivers than any other age group. In fact, over the past five years, 12 Howard County teens were killed in motor vehicle collisions.



Parents and caregivers play a critical role in educating their teens on the importance of driving safely. Not only can parents reinforce safe driving tips, but also they can lead by example, practicing sound driving habits when behind the wheel.

- Use your cell phone for emergency situations only. If you must use your cell, safely pull off to the right shoulder to send a text or make a call. Hands-free devices can still cause distraction while driving.
- If you are drowsy, pull off the road. Drowsiness increases the risk of a crash by nearly four times.
- Limit the number of passengers, as well as the level of activity inside the car. Doing so allows you to focus solely on the task of driving.
- Avoid eating while driving. Food spills are a major cause of distraction.
- Limiting tasks and activity while driving allows you to focus on the road and the drivers around you.

For more information, visit: www.distraction.gov

ARE YOU PLANNING TO GET ACTIVE "SOMEDAY?"

You know you need to get active and you keep telling yourself "I'm really going to do it someday." Well someday is finally here: it's this Saturday! We Promote Health, Inc. helps others take more control over their personal health and holds free boot camps every Saturday at Centennial Park in Columbia.

Boot camps can help motivate people by keeping one another accountable, offering camaraderie and social support, which helps generate positive energy. The setting also creates a powerful shared commitment with other like-minded individuals.

On June 18, We Promote Health set the Guinness World Record when 318 individuals worked out together at Centennial Park. Since that date, more than 1,600 individuals of all ages and fitness levels have participated in the Saturday morning workouts.

BOOT CAMP IN THE PARK — FREE!

Saturday mornings from 7:55am to 9:00am (mid-March thru mid-November)
Centennial Park, Corporate Pavilion H

www.theBootCampInThePark.org
email: brian@WePromoteHealth.org

HELP WITH HOMEWORK

HOWARD COUNTY LIBRARY SYSTEM HOMEWORK CENTERS TO AND THROUGH COLLEGE & CAREER

Howard County Library System Branches (HCLS) 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.

**Homework Centers 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 (e.g., colored pencils, crayons, markers, pens, construction papers, tape, calculators, rulers, lined notebook paper, graph paper, etc.)

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>

ONLINE HOMEWORK ASSISTANCE

In addition to receiving guidance from HCLS staff, students (K-12) and college-age adults can connect with free tutors for assistance with math, reading, science, social studies, English/language arts, and writing.

Both English and Spanish speaking tutors are available **seven days a week from 2 pm until 11:55 pm.**

HCLS HOMEWORK & RESEARCH TOOLS (GRADES 6 – 12)

Howard County Library System offers a wide array of digital tools and eContent to facilitate homework assignments and research projects — from free tutors and practice exams to language courses.

VISIT hclibrary.org

SELECT A+: Students and Teachers

CHOOSE Homework Assistance

LOOK for Online Homework Assistance or AskUsNow!

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

First Aid and CPR for the Family

Saturday, October 14 • 1:00 - 3:00 p.m.
Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044
FREE! Space is limited; pre-registration recommended

Need skills to help your family in an emergency? Do you know the basics, but want to be more confident in a crisis? Learn infant/child/adult CPR and first aid basics. (NOT a health care provider certificate course)

Behavior Basics and Managing Meltdowns

2 Saturdays: November 4 & 11 • 9:00 a. m. - noon
3300 N. Ridge Rd. #360, Ellicott City 20143
\$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 Two-part workshop with skills to use immediately. A workshop for parents, grandparents and anyone working with children ages one to six.

Parents' Survival Guide for the Elementary Years

November: Day and Location TBD

Changes occur with your child as they grow and develop in the elementary school years. Children fluctuate between independence and dependence and the combination can bring a wide range of behavior issues.

Understand how to help your five to 12 year olds:

- Create positive situations for empowerment and pride
- Develop consequences that work
- Gain strategies to handle oppositional behaviors
- Learn strategies for better homework habits

Teen Anxiety: How to Recognize, Communicate and Help Your Teen

November: Day and Location TBD

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.



The Family Institute

WORKSHOPS
AT YOUR LOCATION

If you are interested in hosting a workshop at your school or facility, 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 - 7:30 p.m.

Space is limited; pre-registration is required:

Online: www.howardcountymd.gov/familyinstitute

Questions: 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, September 27 • 6:00 - 7:30 p.m.

Scientists have made discoveries about how a child's earliest experiences affect the way the brain is organized. By knowing what to expect as a child passes through typical stages, you are better able to respond to new behaviors and expand their learning experiences to build a strong foundation. 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 how your interaction with your child during their early years can have an impact on their learning abilities in the future.

Keeping Kids Healthy

Wednesday, October 4 • 6:00 - 7:30 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, October 11 • 6:00 - 7:30 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, October 18 • 6:00 - 7:30 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, October 25 • 6:00-7:30 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 \(CLICK HERE\)](#)