

# PARENT PAGES



*Because kids don't come with directions!*

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

Winter 2017 | VOLUME 6, Issue 1

## #ONEHOWARD: A CONVERSATION TO PROMOTE VALUES AND RESPECT



Perhaps the greatest thing a parent can do for their children is to instill values and teach them the difference between right and wrong. For my father, a civil rights leader in Howard County, that education included lessons in respecting people from all walks of life.

Thanks to many parents and guardians, the majority of us live every day by these guiding

principles of diversity, inclusion and tolerance. But there is still work to do.

Recently, we've experienced an increase in incidents of racism and bigotry in Howard County, acts of intolerance that are out of place in our community. We've witnessed young people posting racist comments on social media, seen hateful graffiti scrawled at playgrounds and observed people being aggressively challenged for their political beliefs.

These acts are deeply disturbing. Too many who came before us, including my father, fought for social justice. They sacrificed so much to make sure that we had a County that was inviting and accepting of everyone.

As we find our country in the midst of a national discussion on race relations, even here, even with our stated values of inclusion and tolerance, these discussions still are often hard to have. So, we felt the need to begin a conversation. #OneHoward was designed to promote our community's values by encouraging positive dialogue and respectful behavior.

We kicked off the campaign December 3 at the Bain 50+ Center, with more than 300 people attending to share their concerns and hopes for our County. Those who spoke were passionate in their beliefs, demonstrating that many Howard County residents are ready to stand up against any kind of bigotry, hate speech or racism.

We have reached out to dozens of community groups in Howard County to join us. In the coming months, we'll be partnering with many of those groups, as well as conducting various activities to promote tolerance and acceptance.

For the next steps of #OneHoward, follow us on Facebook or visit the #OneHoward webpage at [onehoward.org](http://onehoward.org). You also can sign a #OneHoward pledge online.

I look forward to working with the community on this important initiative.

Allan H. Kittleman  
Howard County Executive

### 2017 PARENT'S GUIDE TO HOWARD COUNTY



The new 2017 Parent's Guide to Howard County will be available in late January. The 2017 edition features a NEW user- friendly layout to help locate resources more easily. The guide contains resources for parents, early care and education professionals as well as agencies looking for family information.

To request a guide, contact 410-313-1940 (voice/ relay) or visit the online version at:

[www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families/Publications](http://www.howardcountymd.gov/Departments/Community-Resources-and-Services/Office-of-Children-and-Families/Publications)



## BUILDING YOUR CHILD'S BRAIN FROM BIRTH TO 5

New parents have many questions about making the best decisions for their children. The internet has so much material that it can be overwhelming to decide which sites to trust and what information to follow. There is now a new website for Maryland families that offers information to parents about the latest in brain research and child development. So much has been studied in regard to what children can learn and how early the windows of opportunity occur. To help parents understand how much learning can happen before elementary school, the site breaks topics down into categories: learning from birth to age three, school readiness, supporting transitions, choosing quality child care partnering with providers, and families as leaders and advocates.

There are also activities you can access such as **Healthy Beginnings** Activity ideas for children birth to three and **School Readiness Activity Cards** for children up to age five. There are so many benefits to this information which helps parents understand how to become more hands-on in the lifelong learning of their children. For more information, visit: <https://theinstitute.umaryland.edu/family-engagement/>

## Children's Discovery Fair

Save the Date

2017 Children's Discovery Fair: Magical Math  
Saturday, April 1, 10 a.m. to 1p.m.  
Cradlerock Elementary School  
6700 Cradlerock Way  
Columbia 21045



## BEHAVIOR BASICS

Any parent who has had a young child display challenging behavior knows it can be really hard! Having resources, strategies and best practice approaches to dealing with the behavior helps you to feel confident to handle the impromptu meltdowns, whining, hitting, biting, and refusing to comply. While we all have our “go to” resources to help us parent our children, below are some unlikely strategies to help handle a child’s behavior.

- Inspire connection through play and follow your child’s lead
- View behavior as a form of communication to discover why the behavior is occurring
- Instead of telling your child what not to do (don’t run), teach your child what to do (please use walking feet)-pair with a visual for an even bigger impact
- Create family rules together
- Set realistic expectations based on development (planning ahead, giving choices, using first/then verbiage, redirection and logical consequences )
- Catch your child being good! Give specific positive reinforcement when your child has made a good choice (I love how you shared your doll with your sister. What awesome sharing!)

Knowing what to do and when to use new techniques is a challenge in it of itself. The Family institute will host the workshop **Behavior Basics & Managing Meltdowns** January 12, 19, and 26; 6:30-8:30 p.m.

### ONLINE BEHAVIOR TOOL

If you can’t make the class but you still want to learn more about how to handle challenging behaviors check out the website **Making Access Happen**.

This website site offers a personalized interactive learning experience. One feature of this site is the Roadmap to Behavioral Support, which provides a detailed guide for tackling many challenging behaviors. This tool teaches:

- Define the challenging behavior
- Gather and collect information using the ABC chart
- Determine the function of the behavior
- Build a hypothesis
- Create and implement a behavior support plan

The workshop Behavior Basics as well as the website Making Access Happen are both helpful resources, created to educate and empower families with young children displaying challenging behaviors.

<http://olms.cte.jhu.edu/olms2/makingaccesshappen>

# TIPS FOR CHOOSING QUALITY CHILD CARE AND SUMMER PROGRAMS

Are you a new parent just starting the child care search or considering preschool programs or summer camp options?

Choosing a quality child care program means choosing a regulated option which includes family child care, child care centers, preschools, infant programs, nursery schools, Head Start and school-age programs. Regulated child care programs meet Maryland State Department of Education child care licensing requirements and are inspected and monitored by regional licensing offices.

Camps in Maryland are licensed by the Maryland Department of Health and Mental Hygiene. For more information on licensing requirements visit: [www.acacamps.org/resource-library/state-laws-regulations/state-regulations-maryland](http://www.acacamps.org/resource-library/state-laws-regulations/state-regulations-maryland)



## Tips for choosing a child care program:

- Compare the type or size of programs
- Consider your child's temperament
- Check inspection reports
- Review the qualifications and experience of staff
- Consider cost and location

## Tips for choosing a camp or summer program:

- Consider location and cost
- Consider your child's interest (sports, arts, science, nature...)
- Length of camp session
- Is camp part day or full day? – is after camp care needed?
- Enroll early – registration begins in January or February for most camps

Once you've considered these tips, contact the **CARE Line** for a list of resources and referrals at **410-313-CARE (2273)** or [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

## ADDITIONAL RESOURCES

American Camp Association

[www.acacamps.org/campers-families/planning-camp](http://www.acacamps.org/campers-families/planning-camp)

Child Care Inspection Reports

<http://www.checkccmd.org/>

Finding Child Care Programs in Maryland

<http://earlychildhood.marylandpublicschools.org/families/finding-child-care/early-care-and-education-program-lists>

LOCATE: Child Care

[www.marylandfamilynetwork.org/programs-services/locate/](http://www.marylandfamilynetwork.org/programs-services/locate/)

Maryland Child Care Regulations

<http://earlychildhood.marylandpublicschools.org/regulations>

Baltimore's Child Camp & Summer Programs Fair 2017

February 26, 2017 • Noon–3:00 p.m.

Radisson Hotel North Baltimore

2004 Greenspring Drive Timonium, MD

## Howard County's 2017 Children on Board CHILD CARE & PRESCHOOL INFORMATION FAIR

### FREE ADMISSION!

Please bring a non-perishable item  
for the Howard County Food Bank.

**Sunday, January 29**

**1:00 - 4:00 pm**

**Ten Oaks Ballroom**

5000 Signal Bell Lane, Clarksville, MD 21029

### BACK BY POPULAR DEMAND!

Parents as Teachers (PAT) will offer a  
15-minute informational session: **"How to  
Choose an Early Childhood Program,"**  
every hour. Limited seating.

 Howard County Office of  
**Children and Families**

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

If you need accommodations to attend this event,  
please call 410-313-1940 (VOICE/RELAY) no later than January 20.

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

# ROAD TO KINDERGARTEN

The Road to Kindergarten is an informational session that presents necessary information pertaining to the kindergarten year, such as the registration process, school readiness, expectations, and curriculum. This opportunity supports families of children headed to a Howard County Kindergarten in the fall of 2017 as part of Howard County's Launch Into Learning initiative.

The purpose of the sessions is to help make the process of entering school less stressful for all involved. Families of children turning five by September 1 are invited to come with questions and concerns pertaining to the transition to the kindergarten process.

Child care is provided at each session for children ages two and older. Allow at least 15 minutes for child care sign in.

## 2017 PRESENTATION DATES (6:30 -7:30 p.m.)

**Wednesday, January 25 • Oakland Mills High School**  
9410 Kilimanjaro Road, Columbia 21045

**Thursday, January 26 • Centennial High School**  
4300 Centennial Lane, Ellicott City 21042

**Monday, January 30 • Hammond High School**  
8800 Guilford Road, Columbia 21046

**LIVE STREAM on January 30 at 6:30 p.m.**  
<http://www.hcpss.org/events/2017/road-to-kindergarten/>

Post your questions on twitter @HCPSS\_ECP #HCPSSR2K or on Facebook at HoCo.road.to.kindergarten



## IS YOUR CHILD VROOMING?

Many parents are concerned with whether they are doing enough to assist their child on the path to kindergarten readiness. Whether you have a child about to start school in the fall or have a younger child that you think could benefit from learning more; adding VROOM to your daily routine can ensure you are taking advantage of everyday moments to extend you child's experiences and grow their brain.

Between the ages of birth to five, there are many quick opportunities for parents to build their child's brain that will help them to be ready for school. VROOM provides a free app that supports early literacy by turning shared moments between parents and their children into brain-building activities that are easy and age-appropriate. VROOM was designed to share the science of early brain development with parents and help them realize how much they can do with their children in the first five years.

The Family Institute is looking for volunteers to become community ambassadors to help encourage families to join the VROOM movement. If you are a part of a preschool, child care, mom's group or other organization, and wish to learn more about connecting families to this resource, contact Lisa Rhodes at [lrhodes@howardcountymd.gov](mailto:lrhodes@howardcountymd.gov). If would like more information about the program in general, you can also email Lisa to get a power point summary of the details. To learn more about the science behind VROOM, visit their website at [www.joinvroom.org](http://www.joinvroom.org).



# Celebrating Successes

*Excellence in Bloom*

HONORING THOSE WHO GUIDE OUR CHILDREN... AND OUR FUTURE



## NOMINATIONS OPEN: January 2, 2017, and must be submitted NO LATER THAN March 3!



**Howard County Office of  
Children and Families**

410.313.1940 (VOICE/RELAY)  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)

**Please take the time to recognize and nominate someone you know and admire — a teacher, childcare provider, coach, volunteer, or a selfless high school student — who has made a difference in the lives of Howard County children and youth... they deserve to be celebrated!**

For details and to nominate your candidate(s): [www.howardcountymd.gov/celebratingsuccesses](http://www.howardcountymd.gov/celebratingsuccesses)



# START THE NEW YEAR EATING RIGHT



Trying to start the new year off eating right can be confusing when you have children of different ages, sizes and exercise levels. The best way to ensure you are on the right track is to use a tool to help you plan. To determine the best way to eat, there is now a free personalized checklist from the USDA for everyone to help make planning mealtime easier!

The **MyPlate Daily Checklist** (formerly Daily Food Plan) shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized based on your age, sex, height, weight, and physical activity level. For an even more advanced experience, you can create a personal daily food plan for each person in your family using the **SuperTracker's MyPlan**.

To start, you will be asked to create a profile, which you can opt to save. Once registered, you can access the SuperTracker's additional features:

[www.choosemyplate.gov/MyPlate-Daily-Checklist-input](http://www.choosemyplate.gov/MyPlate-Daily-Checklist-input)

Get the whole family involved and see how healthy everyone can be when working together with a focus on individual needs.

## SCREENTIME UPDATES

As we watch our children grow, we find that they can become more and more interested in technology, televisions, mobile devices and tablets. So how do we know what is a healthy amount of screen time? Parents play a big role in their children's screen time as they are the main role models. The amount of time you spend on digital media will teach children what is acceptable. Determining what is acceptable can be challenging and the amount varies with the age of your child. The American Academy of Pediatrics (AAP) has developed new guidelines for 2017 regarding children's screen time:

AAP advises that infants 18 months and younger not be exposed to any type of screen time. Babies can get overstimulated which can lead to stress and sleeping problems. Digital media can reduce interaction time and bonding between parent and child.

For children two to five, limit screen time to no more than one hour, and choose high quality programs (e.g., Sesame Street). Interactive face-to-face media such as FaceTime can actually promote healthy development in kids; be sure to discuss with your child what she/he spoke to grandma about during their FaceTime chat.

According to AAP, children six and up should have a healthy routine of "school, homework time, at least one hour of physical activity, social contact and sleep -- which is anywhere from eight to 12 hours." Any time that is left can be used for digital media. Parents should discuss with their children digital media dangers such as cyberbullying, online predators and sexting.

Making changes can be tough; having a plan can help. Create "media-free time together" which involves family meals and driving. Designate areas of the house for media time, such as the computer in the living room, and keep digital media out of bedrooms. There are many tools to help parents come up with a plan of action. To develop your family's personal media plan and figure out the appropriate amount of media time based on your child's age, visit:

[www.healthychildren.org/English/media/Pages/default.aspx](http://www.healthychildren.org/English/media/Pages/default.aspx)

## HOWARD COUNTY LIFT PROGRAM

Parenting is a complex task, but parenting a child with special needs can increase the parenting challenges. The Maryland Coalition of Families (MCF) is the statewide agency for families of children and adolescents with mental health, substance use and/or other behavioral health needs. MCF advocates for improving services in all systems of care for children, youth and families. MCF provides information and resources, one-to-one family support, trainings, support groups and policy advocacy across the State.

### Howard County LIFT (Laughter Insight Family Training)

A support group for parents of children with mental health or behavioral needs. Meets on the second Tuesday of each month; 11:30 a.m.-1:00 p.m.

Office of Children and Families Training Room

3300 N. Ridge Rd., #360, Ellicott City, MD 21043.

To register or for more information, contact Cindy Privitera at [cprivitera@mdcoalition.org](mailto:cprivitera@mdcoalition.org) or 443-878-3116.

To learn more information about the organization, log onto [www.mdcoalition.org](http://www.mdcoalition.org)

## ADOLESCENT YEARS

# IMPORTANCE OF LEADERSHIP ORGANIZATIONS FOR TEENS

The benefits of teaching leadership to our teens are immeasurable. By teaching our teens to lead themselves and others, we are giving them:

- The self-confidence to stand up and express their opinions.
- The courage to accept and overcome challenges while improving their problem solving skills.
- The empathy and desire to help those who can't help themselves and make a difference in our community.
- The tools to fulfill their own potential.

**Two opportunities available in Howard County:**

## LEADERSHIP U

Leadership U (LU) is a four month leadership development and community service program available to current Howard County sophomores. This unique leadership training program is dedicated to helping students make a difference in their community and learn how to tap into their leadership skills. Students apply as sophomores and participate in the fall of their junior year. The LU program includes a week-long interactive summer session (July 23-28, 2017) where participating students get to know each other and learn all about how Howard County works. During the fall, students plan, design and implement their own community service project, learning valuable project management skills and putting their leadership skills in action.

**Leadership U 2017** information sessions for students and parents will be held from 7 to 8 p.m.:

**January 24 and March 2 at the Miller Library**

**February 13 at the Central Library.**

For more information about the LU program, visit [www.leadershiphc.org](http://www.leadershiphc.org)

## HC DRUG FREE TEEN ADVISORY COUNCIL

Open to all Howard County high school students, HC DrugFree's Teen Advisory Council meets one Monday a month throughout the school year at The Barn in the Oakland Mills Village Center from 5:30 to 7:00 p.m. Community service hours are available and free pizza is provided. For more information or registration info, visit:

[www.hcdrugfree.org/teen-advisory-council-1/](http://www.hcdrugfree.org/teen-advisory-council-1/),

email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org), or call 443-325-0040.

# THE TRANSITION FROM HIGH SCHOOL TO COLLEGE

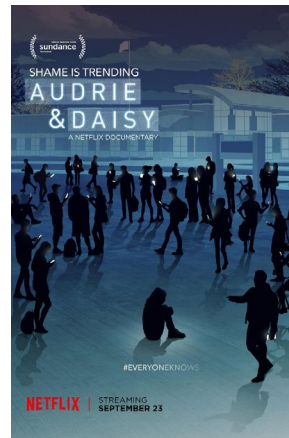
Understand their worries. The transition from high school to college can be a large stressor in your child's life. This time is often full of application deadlines and fears of the unknown as they start a new chapter. This added stress, combined with current class loads and senior year festivities, often leads to time management concerns and anxiety about the future. Communicating with your child about their concerns during the last few months of high school is a way to understand how they are handling their own increased stress levels and provides insight on how to respond to their changing needs.

Encourage your teen to gain transferable strategies. While the last few months of high school can be a particularly stressful period, offering strategies to help your child navigate through this time is a great way to prepare them for a successful future. Some transferable strategies include:

**Time management:** Keep a family calendar on the fridge to stay on top of application deadlines and help set up reminders in your child's phone to manage events

**Self-care:** Go on family walk and partake in a relaxing and enjoyable hobby together

**Communication:** Actively listen to promote clarity between parents and children on future goals.



## HopeWorks Presents

February is Teen Violence Awareness Month. To help combat this social issue, HopeWorks will present the film, Audrie & Daisy, a documentary drama which examines the ripple effect on friends, families and entire communities after two underage women discover the sexual assault crimes that have been brought against them have been caught on film.

**Saturday, February 4  
3:00- 5:30 p.m.  
Miller Branch Library  
9421 Frederick Rd  
Ellicott City**

Teens and parents will have the opportunity to view and discuss the film separately, and then come together for a group discussion.

RSVP is suggested; but not required  
[www.wearehopeworks.org/events/](http://www.wearehopeworks.org/events/)

# PREPARING TO LAUNCH



When children turn 18, they become legal adults and can enter into many types of contracts without their parents' or guardians' permission. They can buy a car, obtain credit cards, contract for cell phone services, join health clubs and sign leases.

Unfortunately, many young adults make hasty decisions to sign contracts that they can't cancel and buy goods and services that aren't in their best interest. They are also vulnerable to scams that take advantage of their inexperience.

For example, does your child:

- Know how and when to use credit and debit cards?
- Understand warranties and retail store refund and return policies?
- Know that contracts are legally binding and can't simply be cancelled at will?
- Comparison shop to get the best goods and services for the price?
- Know how to avoid becoming the victim of identity theft?

Make sure your teens have the consumer knowledge they need to successfully navigate an increasingly complex marketplace. The Howard County Office of Consumer Protection (OCP) offers a variety of information and resources to help teens protect themselves from scams and make smart purchasing decisions. Parents and teens are invited to register to attend the presentation, [Preparing to Launch](#) on Thursday, March 23 at 6:30-8:00 p.m. to set the stage to prepare for this next phase.

For more information from the Office of Consumer Protection, visit [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer) or contact the office at 410-313-6420 or email [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov).

# STUDENT LOAN SCAMS

These days, most people who want to further their education after high school must look to student loans to help them pay for school. Unfortunately, scammers know that student borrowers are often unfamiliar with the ins and outs of loans and can take advantage of unsuspecting students by tricking them into crooked schemes. To avoid becoming a victim of student debt fraud, savvy consumers should follow these tips:

- Never pay for student loan advice. Legitimate loan servicers receive money from the federal government to provide you with free counseling.
- Don't be tricked by legitimate-looking websites. An official sounding name (using words like "national" or "federal") or use of a Department of Education seal does not mean an organization is trustworthy. Scammers know that by making their websites look official, they'll snare more victims.

**Know before you owe!** Take time to learn about funding and loan options. Attend the upcoming Student Loan Forum and Resource Fair on January 29 at Howard Community College for important information about how to shop for loans, find other sources for funding, save money and spot scams. For more information, visit [www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer), or contact the Howard County Office of Consumer Protection at 410-313-6420.

This **FREE** event features a panel of local, state and federal experts who will answer questions about how to pay for college and shop for student loans. Visit our **RESOURCE FAIR** before and after the program for vital resource materials and one-on-one consultations.



## KNOW BEFORE YOU OWE!

Student Loan Forum and Resource Fair

**Wednesday, January 18, 2017**  
**Doors Open 6:30 PM • Program Begins 7:00 PM**  
**Howard Community College**  
10901 Little Patuxent Parkway, Columbia, MD 21044

- ▶ Are you looking for ways to pay for higher education?
- ▶ Do you know how to evaluate various kinds of loans and repayment obligations?
- ▶ Do you need help managing your money and finding ways to cut costs?
- ▶ Can you identify and avoid scams targeting students?

Space is limited to attend in person. Secure your seat. Registration is required for webcast. Register NOW at [www.studentloanforum.eventbrite.com](http://www.studentloanforum.eventbrite.com)

For agenda and additional information, go to [www.howardcountymd.gov/studentloanforum](http://www.howardcountymd.gov/studentloanforum)

A PARTNERSHIP PRESENTATION COURTESY OF



If you need this information in an alternate format, or need accommodations to attend, call 410-313-6420 (voice/relay) or email [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov) by January 9.

# WINTER PLANNING

The Office of Emergency Management would like to pass along some emergency preparedness steps you can take to make your family better prepared this winter.

- Know what the different National Weather Service alerts mean and take the appropriate action when you hear the alerts.
- Add winter specific items to your Family Emergency Kit. Consider adding the following items:
- Rock salt or more environmentally safe products to melt ice on walkways. Sand to improve traction, snow shovels and other snow removal equipment.
- Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Keep a disaster supply kit in your vehicle. Adequate clothing and blankets to keep you warm.
- Think layers. Put several layers of clothing on your child and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.

- Be aware of potential clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.
- Monitor your children's time outside, and tell them to come inside if they get wet or are cold. Keep a watchful eye on them because they may prefer to continue playing outside even if they are wet or cold!
- Use sunscreen. People can still get sunburned in the winter; the sun reflects off the snow, so apply sunscreen!
- Make sure your child's emergency contact information at school is current and that they know what the plan is in case of early dismissal.
- Learn how to shut off water valves (in case a pipe bursts).
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Keep these devices at least 20 feet away from doors, windows and vents that could allow carbon monoxide to come indoors.

For more winter preparedness tips, follow Howard County Office of Emergency Management on Facebook:

[www.facebook.com/OEMHowardCountyMD/?fref=ts](http://www.facebook.com/OEMHowardCountyMD/?fref=ts)

## 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

## BEHAVIOR BASICS AND MANAGING MELTDOWNS

**Thursdays: January 12, 19, 26 • 6:30-8:30 p.m.**

**Roger Carter Center**

**3000 Milltowne Dr. Ellicott City 20143**

**§18/person; space is limited; pre-registration required**

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 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 & anyone working with children **ages one to six**.

## WORRIES, CONCERNS AND APPREHENSION

**Thursday, January 12 • 6:30–8:30 p.m.**

**Cradlerock Elementary**

**6700 Cradlerock Way, Columbia 21045**

**Space is limited; pre-registration required**

**(Adults only. NO Child care available)**

Schoolwork, friends, reactions to negative experiences, or just the anticipation of something happening; even in the **Elementary** years, children can be overwhelmed by everyday occurrences. In higher numbers than ever, parents report the daily worries their children are facing and the stress it puts on the whole family. Attend this workshop to:

- Review the signs and the symptoms of worry in children
- Understand how to identify what is causing your child stress
- Learn techniques to teach and demonstrate strategies to help your child process and solve their worries

This workshop is for Parents, Grandparents & anyone working with children of **elementary age**.

## FRIENDSHIP SKILLS FOR SCHOOL AND LIFE SUCCESS

**Monday, February 6 • 6:00-8:00 p.m.**

**Ellicott City 50+ Fitness Center**

**9411 Frederick Road, Ellicott City 21042**

**FREE! Space is limited; pre-registration required**

Have you heard that your child doesn't know how to play well with others? Does your child cling to you in new environments? Is he or she slow to warm around new kids? Does your child prefer to just play alone? Are you hoping they will just grow out of it? Social skills are at the top of the list of important school readiness skills. Parents can have a strong impact on their children's social/emotional development to help their children learn positive interpersonal skills that breed both success in developing friendships as well as the "side effect" of stronger academic skills. Learn ways to intentionally impart this critical school and life skill. For parents of children **two to eight years old**.



## 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](mailto: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](http://www.howardcountymd.gov/familyinstitute)

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

## Exploring Childhood Stages of Development

**Wednesday, January 11 • 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, January 25 • 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, February 1 • 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, February 22 • 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, March 8 • 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 \(click here\)](#)

*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](http://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](http://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**

## Want to attend a parenting workshop but need some motivation to get there?

You've heard it takes a village to raise kids—so why not bring a village? If you can learn something to help your children; your friends or family probably can too. Get a group together (friends, playgroup, moms, dads, grandparents, PTA, or school families) to learn and socialize at the same time! Make an evening of it and grab a bite to eat before or after the workshop.

### TEEN PARENTING STRATEGIES: STRENGTHENING RELATIONSHIPS AND IMPROVING BEHAVIOR

Wednesday, February 8 • 6:00–8:00 p.m.  
Ellicott City 50+ Fitness Center Classroom  
9411 Frederick Road, Ellicott City 21042  
\$8/person; space is limited; pre-registration required

Parenting a teen today can be extremely challenging and frustrating. Parents typically find that as children grow into the teen years, new behaviors emerge and the old methods used to interact with them need a new approach in order to be successful. Attend this workshop to:

- Review common behavior problems in teens •
- Learn strategies to communicate and strengthen your relationship •
- Create a positive environment for your relationship to grow •
- Introduce strategies to improve your teen's behavior •
- Learn ways to encourage your teen to choose positive coping skills

### GROWING YOUR BABY'S LANGUAGE

Saturday, March 4 • 9:30-Noon  
Bain 50+ Center  
5470 Ruth Keeton Way, Columbia 21044  
FREE! Space is limited; pre-registration required

Everyone knows that talking to our babies is important, but what does that really mean? In this session, parents of children ages **birth to two** will learn how to use research-based tools to develop a good foundation for communication as a part of their daily routine. From having conversations with your newborn to helping your child gain those early words, all the way into reading with your toddler, this interactive class is eye-opening and fun. Join Bonnie Bricker, M.S., for a session that will set the foundation for school and lifelong readiness.

### PREPARING TO LAUNCH!

Thursday, March 23 • 6:30-8:00 p.m.  
Bain 50+ Center  
5470 Ruth Keeton Way, Columbia 21044  
FREE! Space is limited; pre-registration required

When your children turn 18, they become legal adults and can enter into many types of contracts without the permission of parents or guardians. Young adults are vulnerable to scams that take advantage of their inexperience. Does your teen know what to do? **Parents and Teens are invited** to join an investigator from The Howard County Office of Consumer Protection. Attend to learn about: How to avoid becoming the victim of scams and identity theft, how and when to use credit and debit cards, contracts and their consequences, making smart decisions when buying goods and services, warranties, retail store refund and return policies, and more...

### HOW TO BE A GREAT GRANDPARENT

Tuesday, March 23 • 6:00-8:00 p.m.  
Bain 50+ Center  
5470 Ruth Keeton Way, Columbia 21044  
FREE! Space is limited; pre-registration recommended

A lot has changed in parenting since grandparents were parents! Learn the latest research based information to balance your tried and true skills with current best practices. Discuss your role as a grandparent versus being the parent. Discover ways to safeguard your home for infants and toddlers and gather important resources to help support your children in their new role as parents.



*“very reasonable, real life, do-able examples”*

*“The instructor was great! She took the time to thoughtfully address all issues brought up and created an open, calm environment.”*