

PARENT PAGES

Because kids don't come with directions!



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

SPRING 2016 | VOLUME 5, 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.

CHILDREN'S MENTAL HEALTH MATTERS!

It's easy to know your child needs help dealing with a fever or a broken bone, but mental health problems can be harder to identify.

You may be surprised to learn that:

- 1 in 5 children experience a diagnosable mental health disorder, yet only 20% are identified and receive treatment.
- 1 in 9 youth aged 13-18 experience a substance use disorder, yet only 7% receive services.

The tricky part in parenting, is knowing the behaviors and moods that are typical for the stage of development your child is in – and when your child needs help.

Visit www.childrensmentalhealthmatters.org to learn:

- what to do if your child needs help;
- where to go for help;
- how to access a wealth of free children's mental health resources

BOOKS COME ALIVE!

Children's
Discovery
Fair
2016

Saturday, April 9

HCLS East Columbia Branch
6800 Cradlerock Way
Columbia, MD 21045

10 am - 1 pm
ages 3-5, with adult

The Children's Mental Health Matters Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health and Mental Hygiene – Behavioral Health Administration.

With nearly 250 partners and schools across the state, the goal of the Children's Mental Health Matters Campaign is to raise awareness of the importance of children's mental health, and to connect parents and community members with resources.



JUST DO WHAT I TELL YOU TO DO! CAN'T YOU SEE THAT I'M ALREADY STRESSED OUT?

Have you ever said this to your child? Maybe you haven't said it out loud, but still had the words in your mind? Most parents would agree that parenting itself can be very stressful, considering the many other responsibilities that accompany adult lives. Even though we would like to try to convince ourselves otherwise, the way we react to stress may actually add stress to our children's lives.

Dr. Ross Greene, author, professor, and founding director of Lives in the Balance, www.livesinthebalance.org/ explains that children will do well, if they can. In his many years of working with children with challenging behaviors, he has discovered that many of the behavior modification strategies used by the adults who raise and guide children don't effectively teach children what to "do well." Instead, they merely repeat what not to do, leaving it up to the children to determine which techniques will help them succeed.

The adage "do what I say and not what I do" definitely applies here. As adults, if we have not yet learned how to reduce our physical and emotional stress, how can we teach and model for our children how to control tantrums, meltdowns, and learn self-control? When we are dealing with issues at work, with a neighbor, with a family member, or even the "crazy driver" on the road with us, do we try to calm our brains and bodies so we can think more reasonably and prepare responses that can lead to solving the problems? Are we showing our children that taking a few minutes to decompress can help us to get along better? Much information is available online to help us learn resiliency, the ability to adapt well to stress, but we must practice it daily, then show our children how to master that skill as well. Remember, children still have immature brain processes

and fewer years of life experiences than adults; they need us to set a positive example and teach them what to do instead of just what not to do. The American Psychological Association (APA) has concise and practical tips for building resiliency in children and teens at: <http://apa.org/helpcenter/resilience.aspx>

As the field of childhood mental health expands, there are more efforts to help our children learn resiliency early in life rather than try to rehab them later. During the month of May, National Children's Mental Health Awareness month, use this time to seize the opportunity to learn more about what you can do to positively teach your child(ren) resiliency. Just do it!

PSYCHOLOGY TODAY OFFERED A SERIES OF STEPS TO STRESS-PROOF YOUR DAY INCLUDING...

Reinvent a negative experience —

Say you leave your headphones in the car when you go to the gym. Interpret the return trip to the car not as an irritant but as a chance to warm up....

Give to someone else —

Doing something nice for others can make you happier and calmer.

Build social support —

Brain scans show that the same circuitry fires up when we feel emotional pain as when we feel physical pain. But that circuitry is slower to react in those with greater social support in their lives.

Note ONE good thing experienced each day —

Then make it real by telling someone about it or writing it down.



We live in a diverse world filled with rich traditions, cultures, stories, and routines. As a parent or caregiver, you can help your child develop an appreciation and respect for others starting at an early age. Research shows that babies as young as 6 months old can notice differences in the ways people look. By helping your child learn about his/her own culture and the cultures of others you can help him/her build a strong sense of identity.

Everyday moments like reading or dinner times can be opportunities to help your child develop positive attitudes about other people's cultures as well as his/her own. Fostering an appreciation of differences and similarities helps children learn what makes people unique and value differences in the world.

Tips to help your child appreciate diversity:

1. **Expose your little one to other cultures.** You can teach your child to say "hello" or "thank you" in the language of people from other cultures who live in your community, or attend local cultural events and festivals. Read more on how you can help your child understand and respect differences on [PBS Parents](#).
2. **Foster respect in your child.** You can play an important role in teaching your little one about differences, and how to best respond to them with respect. This [Huffington Post Parents article](#) shares great tips about what you can do as a parent to raise kind and accepting children.
3. **Help your little one take pride in his or her identity.** When learning to appreciate differences, children also learn to love what makes them unique, which helps build self-esteem. Create a song with your child about something that makes him or her unique, and then sing it together. If you need some inspiration, this Sesame Street video "[I Love My Hair](#)" is a great place to start.



Tip of the week: Talk with your child about the similarities and differences of close friends and family. This [Sesame Street video](#) is a good tool to help teach your child that while people may look different, they still have a lot in common.

Talk to your child about how we are all the same – we all need to eat, to be loved by our families – and, that there are many things that also make us unique: we look different, we may speak in different languages, we may eat different meals. A good way to start the conversation is by talking about close friends and family who your child knows. You can ask things like, "What makes you and Jen the same? What makes you and Jen different and special in your own ways?"

For more tips like this go to: talkingisteaching.org

ONE STOP PARENT RESOURCE

Looking for things to do with your child? Wondering how you can help your child 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,



and 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 5 – 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.

Explore the Launch Into Learning website features including:

- 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 5, many resources are useful for older children too. For more information and tips, visit:

www.howardcountymd.gov/launchintolearning/

PREVENTING SEXUALLY TRANSMITTED INFECTIONS

by Jacqueline Dougé, MD, MPH, FAAP

Sexually Transmitted Infections (STIs) are infections spread by sexual contact and can be caused by bacteria or viruses. The most common STIs include gonorrhea, chlamydia and HIV.

According to the CDC, youth ages 15-24 account for about 50% of the over 20 million new STIs a year. Adolescents and young adults have higher rates compared to other age groups. This is an important health issue impacting youth.

There are several reasons why youth are more at risk for STIs:

- Youth don't receive screening for STIs
- Youth have unprotected sex
- Youth may not want to tell their parents or healthcare provider about being sexually active
- Youth may not have access to healthcare services

STIs are preventable and parents can play an important role in prevention. The most important way to prevent STIs is not to have sex. Parents should communicate with their teens about the risks of having sex. The risk is more than pregnancy and includes STIs.

STIs have important health consequences such as pelvic inflammatory disease, an infection of the uterus and fallopian tubes, in females and epididymitis in men, inflammation of the coiled tube connected to the testes. If pelvic inflammatory disease is untreated it can lead to infertility.

Many youth may not know they have an infection because most STIs don't have symptoms. This can be a problem because a person who's infected will not be tested and treated; without treatment, complications can occur.

Parents, talk to your teens about how to deal with the pressures to have sex. Let them know that it's okay to say no to sex, but acknowledge that it may not be easy. Discuss other risk factors such as drugs and alcohol that increase the risk of STIs, which may impair their ability to make good decisions and can lead to high-risk sexual behaviors.

If your teenager is sexually active, be sure they know how to prevent STIs which include using a barrier method of contraception, i.e. condoms, every time they have sex and instruction on the proper use of condoms. Also, sexually active youth should be tested regularly

for STIs, including gonorrhea, chlamydia, Human Immunodeficiency Virus (HIV) and syphilis.

STIs are preventable but as parents we must educate our youth and empower them to make healthier choices.

For more information and resources:

- Sexually Transmitted Infections Prevention
- CDC Fact Sheet: Information for Teens and Young Adults: Staying Healthy and Preventing STDs
- Register for the workshop, **"The Talk" on Thursday, April 7, 6:30 – 8:30 p.m.**



If you are the parent of a teen, then you already know that communicating with them can sometimes be challenging. Furthermore, today's teens often communicate in ways that don't involve talking directly to a person. Whether this is good or bad is not the question, it has become a reality in today's electronic world.

Perhaps your teen has questions about sensitive health topics and is reluctant to speak to an adult about them. The new website launched by the Howard County Health Department's Bureau of Child Health can help. It is called TeenHealthMatters.

Designed to offer teens credible resources and useful information, TeenHealthMatters allows teens to play an active role in their health decisions and address both mental and physical health issues. The topics covered all have links to additional information, and include:

- Stress
- Feeling Down
- Sex, Sexuality and Safe Relationships
- Drugs and Alcohol
- The Future
- Parents and Teens

It may be helpful for you to visit the site first or along with your teen so that you are familiar with the content and the resources that are available. However you approach it, the most important decision to make is to provide your child with alternative ways to receive reliable information and resources about their health. You are encouraged to visit the new website at <http://teenhealthmatters.org/> and share it with a teen.



LOOKING TO THE FUTURE; FINDING YOUR CHILD'S PASSION.

With summer quickly approaching, there is no better time for you and your adolescent to start thinking about what the next steps in their life may be. Whether you are planning for internships or just trying to find a summer job – the key to success in this stage is to find what exactly your child enjoys or is passionate about.

Here are a few tips that may help your child find their passion:

- **Get Out There.** Encourage your child to go out and do as much as possible. They will never understand how the world works or what they do or do not enjoy, if they don't have the opportunity to experience it for themselves. Encourage them to sign up for a variety of programs to meet new people, and experience everything that life has to offer.
- **Be Brave.** Fear is a natural instinct, but it often stops us from making progress and moving forward with many opportunities. Encourage your child to take a leap of faith and be brave while doing it.
- **Follow Up and Follow Through.** Although it is important for your child to experience as many of their interests as possible, it is equally important to teach them to follow-up and follow through on their experiences. Your child won't know whether they fully enjoy something if they have not yet completed the experience in its entirety.
- **It's Okay to be Different.** Every interest that your child has may not be conventional and that's okay. Encourage your child to be different and think outside of the box, and to embrace diversity. Things would be pretty boring if everyone was the same; our differences make the world a much more interesting place.

To find volunteer opportunities in your community, visit www.hocovolunteer.org/ or www.volunteerhoward.org/

PARENTAL CONTROLS

Parental controls are a great first step to protect your child while they are online. Talking to your children and encouraging responsible behavior is absolutely vital.

Parental controls include software and tools that allow parents to set controls on their children's computer and internet use. They can also help to prevent children from accessing unsuitable content online.

The most important step you can take is education. No single technology or computer program is going to solve all the dangers your children face online. Make sure to talk to them about their online activities, and stay current with what they are doing. In addition, create an environment where your children feel comfortable coming to you with questions or problems they may have online. Keep your child's computer in a public and high-traffic area so that you can monitor their online activities.

Parental Control software is built in to all Windows and Apple computers. Please review the links below which will walk you through how to implement Parental Controls on Windows and Apple based computers.

Setting up Parental Controls on a Windows Operating System Computer

<http://windows.microsoft.com/en-us/windows/set-parental-controls#1TC=windows-7>

Setting up Parental Controls on an Apple Operating System Computer

<http://www.howtogeek.com/204512/using-os-xs-parental-controls/>

Please be advised these instructions may not cover all versions of the above operating systems. The Parental Controls described above provide a measure of content filtering on your child's computer. Depending on the age of your child they may have a smartphone or a tablet device as well that can access the internet. Content Filtering software provides the ability to restrict the websites your child has access to and prevent unwanted content being available to your child on all of these platforms.

Please review the link below about available content filtering software packages.

<http://parental-software-review.toptenreviews.com>

The technology your child uses changes every day. As daunting as that seems, taking the steps above is a great start toward protecting your child.



CONVERSATIONS WITH GRANDPARENTS

The likelihood of providing care for an older parent is a question of when, not if, they will need your help. You may have heard the term “Sandwich Generation” which is when one is caught between the demands of child rearing/parenting and providing care to aging parents. The National Alliance for Caregiving and [AARP](#) reports that among the 44 million Americans, 1 in 5 adults are family caregivers for a relative over the age of 50. Being “sandwiched” with the demands of children, job and caring for one’s parents can be challenging and stressful while trying to balance it all.

As your parents age, it’s important to start talking with them about their values and wishes and gather information on their health, legal, financial and end of life preferences to assist you in your caregiving journey. It’s important to understand that the aging process can be difficult on them as their lives are changing, as is yours. Having these conversations with your loved ones will help create a plan when they may need help. It will also help guide you if you need to make decisions on their behalf. Planning for future needs will help save time, energy, and money and gets everyone on the same page.

To learn more about how to start the conversation, ways to assess needs, how to create a plan, and what services are available for your aging parents, please attend an up-coming workshop:

Prepare to Care
Tuesday, June 7, 6:30 – 8:00 p.m.
East Columbia 50+ Center
6600 Cradlerock Way Columbia

HOWARD COUNTY CAREGIVER SUPPORT PROGRAM

Howard County Office on Aging and the Caregiver Support Program are pleased to announce its first Powerful Tools for Caregivers (PTC) course that will take place starting June 2016. It is an evidence-based course designed with the caregiver’s well-being in mind. PTC is based on the Chronic Disease Self-Management Program developed at Stanford University’s Patient Education Research Center.

In the six week course (90 minutes per class) caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate more effectively in challenging caregiving situations; manage their emotions; and make tough caregiving decisions. Participating caregivers have cited the program improves self-care behaviors in terms of relaxation, exercise and their own physical and mental well-being, management of emotions, increased confidence (both inside and outside their caregiving demands), and that their ability to seek out and utilize community resources is greatly improved.

Caregivers eligible for this program:

- Adult family members or other informal caregivers age 18 or older providing care to persons over 60.
- Adult family members or other informal caregivers over age 18 providing care to those with Dementia related disorders.
- Grandparents and other relatives (not parents) 55 years or older providing care to children 18 years or younger.
- Grandparents and other relatives (not parents) 55 years and older providing care to adults age 18-59 with disabilities.

If you or someone you know is a caregiver, please have them call Kathy Wehr, Caregiver Program Support Manager at 410-313-5955. The cost of the course is \$30.00, which covers all course materials.

Quality of life services for older adults, their families, caregivers, and adults with disabilities.



Howard County
OFFICE ON AGING
Department of Citizen Services

- Caregiver Support
- Long Term Supports Planning
- Medicare Counseling
- Guardianship/Ombudsman
- Home Modification/Repair
- 50+ Centers
- Social Day Programs
- Wellness Programs

Contact us today!

FOR INFORMATION, ASSISTANCE AND REFERRAL



Howard County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

410.313.5980 VOICE/RELAY • 844.627.5465 TOLL FREE
map@howardcountymd.gov
www.howardcountymd.gov/aging

MINIMIZE YOUR RISK FOR IDENTITY THEFT



Con artists want to use your identity to steal money, access credit or health care, get a tax refund, or even commit crimes. That's why it is important to be on the look-out for the warning signs of identity theft: bank account withdrawals that you didn't make; letters or debt collector calls for bills you don't owe; health insurance claims for treatments you didn't receive; accounts listed on your credit report that you didn't open; or a notice from the IRS that a return was filed in your name.

While there is no way to guarantee you won't be the victim of ID Theft, there are steps you can take to reduce your risk:

- Never give out personal information unless you know who you are dealing with and how it will be used. Beware of telephone calls from people who claim to be police officers, public officials or debt collectors who tell you that you owe money and demand immediate payment by wire transfer or pre-paid debit cards. Government agencies and legitimate debt collectors do not operate this way.
- Don't carry credit cards, social security cards, passports or other personal identification you don't regularly use. Take your receipts from all bank machines, gas pumps, and retail stores.
- Review your bills for any charges you did not authorize and health insurance statements for claims that don't match the treatments you received. Also, pay attention to credit billing cycles. If bills don't arrive on time, contact your creditor. A missing bill could mean that a thief has hijacked your account and changed the billing address.
- While online, delete e-mail or pop-up messages that instruct you to click on a hyperlink or download software to verify your account information.

- On social media sites, be cautious about accepting invitations from unfamiliar contacts, and verify the messages you receive. Scammers have been known to pose as friends or relatives.
- Get a copy of your credit report annually from all three of the major reporting agencies at www.annualcreditreport.com. Look for accounts you didn't open, activity on closed accounts, and inaccurate personal information. Consider placing a security freeze on each report.

If you believe you are the victim of identity theft, immediately contact the companies where you know fraud occurred. File a police report and report the identity theft to the Federal Trade Commission at: www.identitytheft.gov.

For more information, visit the Howard County Office of Consumer Affairs' website at: www.howardcountymd.gov/consumer or contact them at consumer@howardcountymd.gov or 410-313-6420 (voice/relay).

SUPERTRACKER

New dietary guidelines for Americans 2015-2020 (8th edition) is now online!

Get tips and support from the USDA to help you make healthier choices and plan ahead.

- **FOOD TRACKER** — Track the foods you eat and compare to your nutrition targets
- **ACTIVITY TRACKER** — Enter your activities and track progress as you move
- **NEW! GROUP CHALLENGES** — Create a challenge for your group to encourage healthy eating and physical activity through friendly competition and gamification. Choose from a ready-made MyPlate Challenge or create your own custom challenge. Participants track their food and physical activity using the Quick Tracker quick entry form and can compare progress on the leaderboard as they compete to earn points.

To learn more: <https://www.supertracker.usda.gov/>



SPRING FAMILY AND YOUTH EVENTS IN HOWARD COUNTY

APRIL

Children's Discovery Fair: Books Come Alive
Saturday, April 9 • 10 a.m. – 1 p.m. / FREE
East Columbia Branch Library
6600 Cradlerock Way, Columbia 21045

Fun, hands-on school readiness activities for children ages 3-5 years old. Games, crafting, dancing and having fun, their parents will learn how these activities promote school readiness.

Kid's Self Defense for Ages 8 – 12
Saturday, April 9 • 9 – 11 a.m. / FREE
HCGH Wellness Center
10710 Charter Dr. #100, Columbia 21044

Children ages 8 to 12 years will learn basic principles of safety awareness and age appropriate self defense techniques. This program includes discussion, role playing, and technique practice. <http://events.hcgh.hopkinsmedicine.org/event/children-and-teens/kids-self-defense>
410-740-760

Brick Nation Legos
April 9 & 10 • 10 a.m. – 5 p.m.
Howard County Fairgrounds (Dining Hall)
Families will participate in unique Lego building activities and attractions. There will be Lego building competitions and vendors selling Lego related products.
bricknationmd.com • bricknationmd@gmail.com

GreenFest 2016
Saturday, April 16 • 10 a.m. – 4 p.m.
Howard Community College Burrill Galleria & Quad
10901 Little Patuxent Parkway, Columbia 21044

GreenFest is Howard County's, family oriented Earth Day celebration. Come for the fun and free outdoor activities, workshops, and giveaways; pick up plants from the native plant sale, recycle non-curbside items, or visit one of the 80 green businesses and nonprofits assembled into a "Green Mall." There will be two food vendors, a small farmer's market, and live animals. A schedule of workshops and other information is posted at www.HCGreenFest.org.

MAY
Maryland Sheep & Wool Festival FREE
Saturday, May 7 • 9 a.m. – 6 p.m.
Sunday, May 8 • 9 a.m. – 5 p.m.
Howard County Fairgrounds

Sheep shows, sheep shearing, spinning, weaving, working sheep dogs, gourmet lamb cooking, demonstrations & workshops concerning all facets of the Sheep Industry. www.sheepandwool.org • 410-531-3647

Family Health Fair
Saturday, May 14 • 10:00 a.m. – 1:00 p.m. / FREE
Cradlerock Elementary School

Families with children ages 3-5 will have fun learning about health, nutrition, education and well being. Fitness, raffle prizes and wellness info available.

The Out-of-Sync Child:
Sensory Challenges and Sensible Solutions/ \$35
Owen Brown Interfaith Center
7246 Cradlerock Way, Columbia 21045

Sensory Processing Disorder (SPD) gets in children's way – and in their families' and teachers' way too! This presentation is for parents, educators, therapists, and other professionals and will review how SPD plays out at home and school, and how to recognize underlying sensory issues. The program will offer sensory strategies and fun and functional "In Sync" activities, which benefit all kids in the family and classroom. The cost of admission (\$35) includes lunch and continuing education credits are available for Occupational Therapists. The Out-of-Sync Child, was recently selected by Brain, Child magazine as one of the top ten books about children with disabilities. www.riseforautism.com/carol-kranowitz-wkshp.html to register today! Offered through a partnership by RISE for Autism, Howard County Autism Society, and Howard County Public School System

JUNE

Larriland Farms Pick-your-own Strawberries
May- June
2415 Woodbine Rd, Woodbine

For current picking conditions call ahead at 410-442-2605 or 301-854-6110 www.pickyourown.com/

Passport to the Past, Howard County Historical Society
Saturday, June 4 • 10 a.m. – 2 p.m.

Explore and Discover Howard County and Beyond! Pick-up your "Passport" booklet at the Miller Library 9421 Frederick Rd. Ellicott City 410-480-3250
www.hchsmd.org

Summer Reading Kick Off
Saturday, June 4 • 10 a.m. – 2 p.m.
Howard County Library, Miller Branch

Participate in a fitness trail, face painting, and crafts; Wii games for teens; and instant prize drawings for adults. Refreshments available for purchase. Sponsored by Friends of HCLS. Special Demonstrations and Activities provided by: Baltimore Hoop Love (Hula Hooping), Kangaroo Kids Precision Jump Rope Team, and Race Pace Bicycles (all things cycling).



The Family Institute

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

“THE TALK” – TALKING TO YOUR TEEN ABOUT SEX

Thursday, April 7 • 6:30 – 8:30 p.m.
3300 N Ridge Rd #240 Ellicott City MD 21043
FREE. Space is limited; pre-registration required

Come and learn about how to talk with your tween or teen about sex. Parents will be able to discuss common concerns such as how to start the conversation, when to have the discussion and where to find resources to keep the dialogue going. Most importantly, learn why it's essential to have “The Talk”. Parents will have the opportunity to take part in an open discussion or submit questions anonymously.

Speaker: Dr. Jacqueline Dougé, MD, MPH, FAAP
Board Certified Pediatrician, Fellow of the American Academy of Pediatrics (AAP), Child Health Medical Director for Howard County Health Department

WORRIES, CONCERNS AND APPREHENSION

Monday, April 18 • 6:30 – 8:30 p.m.
Ellicott City 50+ Fitness Center Classroom
9411 Frederick Road, Ellicott City 21042
\$8/person; space is limited; pre-registration required

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

Registration Options

Online: www.howardcountymd.gov/familyinstitute

Phone: 410-313-1440 (voice/ relay)

BEHAVIOR BASICS AND MANAGING MELTDOWNS

2 Saturdays: May 7 AND 21 • 9:00 a.m. – noon
East Columbia 50+ Center
6600 Cradlerock Way, Columbia 21045
\$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 between the ages of 1-6.

- 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.
- Ask questions to relate to your own family
- Leave this interactive **2-part workshop** with skills to use immediately.

TEEN PARENTING STRATEGIES: STRENGTHENING RELATIONSHIPS AND IMPROVING BEHAVIOR

Monday, May 16 • 6:30 – 8:30 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

Family First 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. Parents can attend individual workshops or the series of all five. Participants who complete all five classes can receive a Certificate of Completion upon request.

CHILD CARE NOT PROVIDED.

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

Location: Ellicott City 50+ Fitness Center Classroom
9411 Frederick Road, 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 or
Phone: 410-313-1440 (voice/ relay)

Questions: email: children@howardcountymd.gov

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

Exploring Childhood Stages of Development

Wednesday, May 4 • 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 experience matters, and ways to capitalize on these moments.

Keeping Kids Safe

Wednesday, May 11 • 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.

Keeping Kids Healthy

Wednesday, May 18 • 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.

Discipline and Communication Part 1

Wednesday, May 25 • 6:00 – 8:00 p.m.

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.

Discipline and Communication Part 2

Wednesday, June 1 • 6:00 – 8:00 p.m.

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

Because kids don't come with directions!

PARENT PAGES

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

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's Services
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

Find us  www.facebook.com/HoCoCitizen

This information is available in alternate formats upon request.

PLEASE FEEL FREE TO SHARE THIS PUBLICATION

**PREPARE TO CARE;
FAMILY SHARED AGING OPTIONS**

Tuesday, June 7 • 6:30 – 8:00 p.m.
East Columbia 50+ Center
6600 Cradlerock Way, Columbia 21045
FREE. Space is limited; pre-registration required

For adults in the sandwich generation, balancing both responsibilities of your children as well as your aging parents is difficult. This workshop is designed to help you learn about services and programs available for aging family members. You'll discover:

- How to Start the Conversation
- Ways to Assess Needs
- Services to Assist with Aging in Place
- How to Design a Plan for Assisted Living & Nursing Facility Options

This session is scheduled just before summer starts. If summer vacation includes time spent with family, find out before you go, what topics you should bring up with your aging parents.

Online: www.howardcountymd.gov/familyinstitute
Phone: 410-313-1440 (voice/ relay)

THERE'S AN APP FOR THAT

Thursday, June 9 • 6:30 – 8:15 p.m.
East Columbia 50+ Center
6600 Cradlerock Way, Columbia 21045
FREE; space is limited; pre-registration required

Summer is around the corner and children will have a lot more free time on their hands. Nowadays, free time can equate to long periods of technology time.

Hear about today's newest apps and the way in which it's changing the social media world for teens. Learn how to develop a toolkit for you and for your teen for responsible sharing of information BEFORE summer starts. Parents will have an opportunity to take part in an open discussion.

**FAMILY INSTITUTE'S WORKSHOPS
AT YOUR LOCATION**

This workshop calendar is a list of scheduled trainings from the Family Institute. **If you are interested in bringing a workshop to your school or facility, please contact Lisa Rhodes, Family Engagement Specialist, to coordinate a topic of interest at 410-313-1440 (voice/relay) or email at children@howardcountymd.gov**

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's Services, with the support of Howard County Department of Citizen Services, the Howard County Local Children's Board, Maryland State Department of Education, Howard County Mental Health Authority and the Governor's Office for Children.

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