

# PARENT PAGES



*Because kids don't come with directions!*

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

WINTER 2018 | VOLUME 7, ISSUE 1

## READYROSIE COMES TO HOWARD COUNTY!

Howard County Government is providing free access to ReadyRosie for all Howard County families. ReadyRosie is **an innovative educational service** that provides parents and caregivers with instructional videos that can be **used to build their child's school readiness skills**. Delivered by email or text, ReadyRosie demonstrates how you can turn every day activities into teachable moments. Activities shown in the videos are simple, take only a few minutes to complete and are available in English and Spanish. And unlike the majority of existing educational technology tools for early childhood and elementary ages, which are directed at the child, this is a resource for parents, grandparents and caregivers.



To view a Ready Rosie video link:

[https://www.youtube.com/watch?v=12RaKk\\_0x1g](https://www.youtube.com/watch?v=12RaKk_0x1g)

**There is always an opportunity for learning and talking with your children and it doesn't take hours of practice.**

To access ReadyRosie, all you need is a Howard County zip code. You can go directly to [www.ReadyRosie.com/register](http://www.ReadyRosie.com/register) where you will enter some basic information, including name, language preference and delivery preference (text or email). Once your account is created, you will immediately receive a welcome video in your selected language, have access to the entire video library and start getting the weekly playlists sent out by the ReadyRosie team. You may also be invited to join by your child's classroom teacher or child care provider.

Either way, it is easy to connect to this great skill building and fun resource!

ReadyRosie was created with the belief that parents are a child's first and best teacher. It was designed to give parents and guardians ideas of how to better engage their children at home, in the library, in the car, at the grocery store, or wherever they are spending time. There is always an opportunity for learning and talking with your children and it doesn't take hours of practice. ReadyRosie embraces our mobile culture and makes our everyday environment a real-time learning laboratory!

**For more information about ReadyRosie, visit the OCF website at [www.howardcountymd.gov/children](http://www.howardcountymd.gov/children).**



## NEW BEGINNINGS

**2018 starts as a new beginning.** The start of the new year can signal a time to hit refresh. September was also a new beginning to the school year with plenty of hopes and dreams; but fall progressed into winter and some of those lofty ambitions fell by the wayside. Take a few moments to consider where you may want to make changes in your own household. The Family Institute helps parents and other adults in a child's life. Consider scheduling a specific time to hear more ideas to improve what you already do and to find tools to consciously approach parenting with a new outlook.

**Parenting is a sliding scale of competence.** One day you make great strides and feel like you have this parenting thing down; the next day something happens and your positive feelings may disintegrate into thin air. The Family Institute encourages parents to embrace the resources in the community and partake in one of the many parenting learning opportunities.

**View the Family Workshop calendar at [www.howardcountymd.gov/familyinstitute](http://www.howardcountymd.gov/familyinstitute).**

**Parent's** 2016  
**Guide**  
TO HOWARD COUNTY

Sources, resources and information  
from infancy through the teen years

Howard County Office of  
Children and Families 410.313.1940

## 2018 Parent's Guide

Utilized by parents and early care/education professionals as THE resource guide, the new Parent's Guide to Howard County will be distributed at **CHILDREN ON BOARD**, Howard County's annual Child Care and Preschool Information Fair on Saturday, January 20 at Ten Oaks Ballroom (see ad page 4).

This valuable resource for parents and caregivers includes sections on Special Needs Resources, Education, Family Fun, and Financial Assistance.

To request a guide, call 410-313-1940 (voice/relay) or email us at [children@howardcountymd.gov](mailto:children@howardcountymd.gov), online at [www.howardcountymd.gov/parentsguide](http://www.howardcountymd.gov/parentsguide).

## Police Expand Voluntary "Flagging" Program for Calls to 911

Howard County police are expanding a program in which residents can voluntarily "flag" their address in the 911 system to make police aware of a family member with a disability. The program began through a partnership with autism advocates in 2012, but has expanded to include other information residents believe would be relevant to a police response, if 911 is ever called. For example, if someone living with autism has sensory sensitivity, an officer could be mindful of the possible effect of police lights or sirens when approaching that household. If a person with dementia has a history of wandering to a particular place, responding officers would know to quickly check that location. Or if responding officers are aware in advance that a person inside a residence is deaf, they can be prepared if they do not get a response to verbal directions. "Whenever possible, we want to make accommodations to best-serve the needs of all our residents," said Police Chief Gary Gardner. "Having this valuable information in advance can reduce confusion in what may already be a stressful or chaotic situation. Our goal is always to create the safest possible environment for everyone."

**Whenever possible, we want to make accommodations to best-serve the needs of all our residents.**

Gary Gardner, Howard County Police Chief

The flagging program can be used for various relevant mental or physical health concerns, to include autism; Alzheimer's disease; intellectual, developmental or degenerative disabilities; physical disabilities; mental health diagnoses; and any other behavior that may affect police response.

A request form is available on the Howard County Police Department's website under **PROGRAMS AND SERVICES** at [www.hcpd.org](http://www.hcpd.org). Residents with questions about the program should contact the Community Outreach Division at 410-313-2207 or [HCPDoutreach@howardcountymd.gov](mailto:HCPDoutreach@howardcountymd.gov). All information submitted as part of the 911 Flagging Program remains confidential and will only be used by emergency dispatchers and responders.

*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**

## Track Your Child's Milestones

Milestones matter! Parents can easily track their child's milestones from age two months to five years with the Centers for Disease Control (CDC) FREE Milestone Tracker app. Interactive checklists with photos and videos make tracking milestones easy and fun.

The app generates a personalized summary to share, offers tips for encouraging development and information about what to do if you ever become concerned about your child's development.

### The new Milestone Tracker app offers

- interactive milestone checklists for children ages two months through five years, illustrated with photos and videos;
- tips and activities to help children learn and grow;
- information on when to act early and talk with a doctor about developmental delays;
- a personalized milestone summary that can be easily shared with the doctor and other care providers; and
- reminders for appointments and developmental screening.

To learn more and download the CDC's Milestone Tracker app, visit [www.cdc.gov/MilestoneTracker](http://www.cdc.gov/MilestoneTracker)

## 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 2018 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. Parents and guardians of children turning five by September 1 are invited to bring their questions and concerns about the transition to kindergarten. Child care is provided at each session for children ages two and older (allow at least 15 minutes for child care sign in).

**Wednesday, January 24, 2018 • 6:30 – 7:30 p.m.**

Oakland Mills High School  
9410 Kilimanjaro Road, Columbia 21045

**Thursday, January 25, 2018 • 6:30 – 7:30 p.m.**

Centennial High School  
4300 Centennial Lane, Ellicott City 21042

**Monday, January 29, 2018 • 6:30 – 7:30 p.m.**

Hammond High School  
8800 Guilford Road, Columbia 21046

## Try CDC's FREE Milestone Tracker app today...

*Because milestones matter!*



Illustrated milestone checklists for 2 months through 5 years



Summary of your child's milestones to share



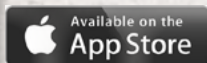
Activities to help your child's development



Tips for what to do if you become concerned



Reminders for appointments and developmental screening



Learn more at [cdc.gov/MilestoneTracker](http://cdc.gov/MilestoneTracker)



## Setting Limits with Tech Toys

Extreme cold weather may reduce the amount of time children spend outdoors at sports practices and games, community events or just play time. As a result, spending more time indoors increases the likelihood of too much screen time.

Parents may try to justify their children's extended screen time hoping their child will be calmer, have fewer arguments with other family members, or spend time on educational programming they have selected to help their children learn. If children aren't just wasting time and are not being exposed to inappropriate material, it must be harmless, right?

Unfortunately, research shows that too much screen time can decrease the growth of nurturing relationships and increase nearsightedness.

Read more about the research at:

<http://www.scmp.com/lifestyle/health/article/1513555/beware-negative-effects-too-much-screen-time-children>

How can a parent effectively "hold the reins" on their child's screen time? Consider these two approaches:

### **CONSISTENCY WITH LIMITS and SET THE RIGHT EXAMPLE**

Sit down together and make setting limits a family decision, such as designating screen-free zones in the house (e.g., all bedrooms). The list should also clarify specific times, like meal time and before bedtime when screens should be off and put away. Be sure to include some unplugged, unstructured play time for children and parents to enjoy together without technology (i.e., board games).

All of this information and more can be found at:

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952?pg=1>

Parents must set the right example and model self-control to turn off their screens in order to have the time during busy schedules to build positive, nurturing relationships with their children. As one parent recently suggested to CARE Center staff, finding a hobby that both parent and child will enjoy can build a common bond. This may result in a better connection between parent and child, as well as the beginning of a life-long interest and perhaps even a career.

## Adolescents

Teens are getting messages about sex and dating everywhere — in music, online, and from their friends. As a parent, it can feel overwhelming trying to help them navigate these issues. Almost all teens have plenty to say about relationships, but more often than not, don't feel comfortable asking tough questions or finding real answers. HopeWorks of Howard County will offer two events to give students a chance to explore what healthy relationships can look like, and to have their voices and questions heard. HCPSS community service hours can be earned for participation.

### Teen Step 1

Saturday, January 13 • 9:00 am-4:00 p.m.

HopeWorks of Howard County  
9770 Patuxent Woods Drive, Suite 100  
Training Room A, Columbia, MD 21046

A one-day informational and interactive training for teens who want to learn to be active bystanders, advocates for healthy relationships, and prevent sexual assault and dating violence in their schools and communities. This all-day training prepares teens to be volunteers at HopeWorks of Howard County. Free training; registration is required at [www.wearehopeworks.org/events](http://www.wearehopeworks.org/events).

### Building Healthier Teen Relationships

Saturday, February 24 • 9:00 am-11:15 a.m.

Oakland Mills Middle School  
9540 Kilimanjaro Road, Columbia, MD 21045

Young people and the adults who care for them can build the skills they need to engage in balanced, rewarding and loving relationships. Join HopeWorks, the Howard County School System, and The Council of Elders for this interactive event focusing on learning skills to create and foster positive, healthy relationships for youth with their peers and dating partners. The program will feature separate sessions for parents and youth ages 7 to 17. Free; registration information at [www.wearehopeworks.org/events](http://www.wearehopeworks.org/events).

### A Note from Our Intern...

Some parents are scared to address puberty and sexual thoughts or desires with their teens. Adolescents need the adults in their life is to acknowledge the reality of sexual development and to equip them with the tools for making healthy decisions. Adolescents do not need to be shamed for their natural impulses, nor denied access to lifesaving information. They need to be invited into a dialogue about what it means to have sexual feelings and how to deal with those feelings in appropriate and healthy ways.

Parents need to look for opportunities in everyday life to talk to their teens about sexual health issues. Since most teens feel uncomfortable talking about these subjects, you might want to start the discussion by addressing the fact that, while it is a little awkward to talk about, sexual health is a perfectly natural part of life. Remind them that they should not feel embarrassed talking about sexuality, especially when it comes to their health. Some ideas to start the conversation:



- Focus on one topic at a time.
- Ask open-ended questions to best address your teen's needs.
- Offer to answer their questions, look up the information if you do not know the answers.
- Talk with teens, not at them: lay out the facts and ask their perspective without passing judgment.
- Base your conversation on your teen's age and behavior
- Do not assume if they do not bring up a topic, they don't want to talk about it, or that it does not yet affect them.

Other resources on ways to talk to your child on page 8.

## GrandFamilies

Many communities today are multigenerational. This is reflected in families, particularly with grandparents and other relatives who are raising children. More and more grandparents find themselves in the position of part-time, temporary, full-time and permanent primary caregivers and/or guardians for their grandchildren. The needs vary from family to family and sometimes require significant resources and additional supports. Regardless of the needs, all grandparents seek to provide a loving safe environment and a solid foundation. The increase in this changing family dynamic requires support for grandparents and other relatives raising children. There is a need to give a voice to Grandparents who are the primary caregivers and provide much of the care in many families today.

**Supporting the efforts of GrandFamilies helps to strengthen our families, communities and support our children.**

**Places to find information:**

**CARE Line:** 410-313-CARE (2273) or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

**Howard County Office of Children and Families:** FREE information and referral for grandparent resources available in Howard County. Call 410-313-1940 (voice/relay) or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

**Kinship Navigator Services:** 410-872-8843  
Part of Howard County Department of Social Services

**Maryland GrandFamilies:** [www.GrandFamilies.org](http://www.GrandFamilies.org)

**Maryland AARP:** [www.aarp.org](http://www.aarp.org)  
(search: grandparents raising grandchildren)

## TIPS FOR CHOOSING QUALITY CHILD CARE AND SUMMER PROGRAMS

**Are you a new parent just starting the child care search or a parent 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
- 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)



### Howard County's 2018 Children on Board Child Care and Preschool Information Fair

The annual **Child Care and Preschool Information Fair** provides parents, grandparents, guardians, and child care personnel with one-stop shopping for child care, pre-school and summer programs, as well as the opportunity for personal contact with teachers and program directors. Representatives from community organizations that offer programs and services to Howard County's children will also be on-site to speak with parents. Attendees are asked to bring a non-perishable food item or unopened diapers for the Howard County Food/Diaper Bank.

Free informational sessions on "**How to Choose an Early Childhood Program**" will be offered throughout the afternoon at 12:30, 1:30 and 2:30. **Be sure to pick up your FREE copy of the new 2018 Parent's Guide to Howard County.** For more information, contact the Howard County Office of Children and Families at 410-313-1940 (voice/relay) or [children@howardcountymd.gov](mailto:children@howardcountymd.gov).

**FREE ADMISSION!**

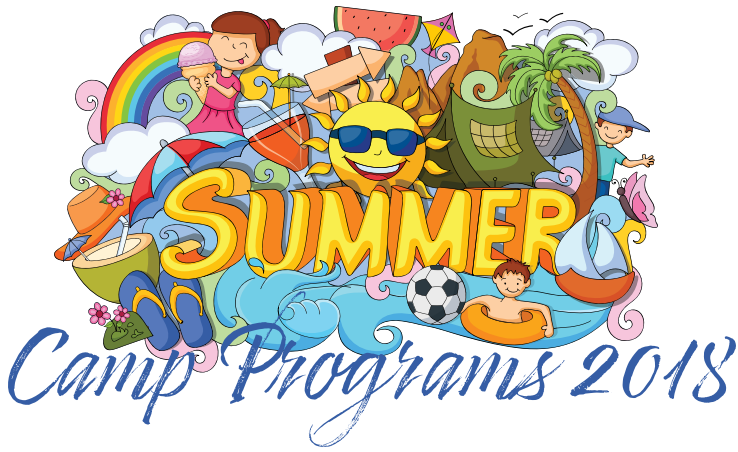
**Saturday, January 20  
1:00 - 4:00 pm**



**Ten Oaks Ballroom** 5000 Signal Bell Lane, Clarksville, MD 21029

**Don't miss this annual event and the latest program info on:**

FAMILY CHILD CARE • CHILD CARE CENTERS • INFANT PROGRAMS • PLAY GROUPS • SUMMER CAMPS • SCHOOL-AGE PROGRAMS • CO-OP NURSERY SCHOOLS • PRESCHOOLS and More!



# Summer Programs and Camp Registration 2018

**It's Not too Early to Plan for your Child**

**REGISTER EARLY... programs fill quickly!**

## HOWARD COUNTY RECREATION & PARKS

Registration: January 31, 2018  
7120 Oakland Mills Road, Columbia, MD 21046  
410-313-7275  
[www.howardcountymd.gov/rap](http://www.howardcountymd.gov/rap)

## COLUMBIA ASSOCIATION

Early Registration thru February 2018  
General Registration: March 2018  
6310 Hillside Court, Suite 100, Columbia, MD 21046  
410-715-3165  
[camps@columbiaassociation.org](mailto:camps@columbiaassociation.org)  
[www.columbiacamps.org](http://www.columbiacamps.org)

## Y of CENTRAL MARYLAND DANCEL FAMILY CENTER

Registration: January 2018  
4331 Montgomery Road, Ellicott City, MD 21043  
410-465-4334  
[www.ymaryland.org](http://www.ymaryland.org)

## HOWARD COMMUNITY COLLEGE KIDS ON CAMPUS

Registration: January 31, 2018  
(summer brochure available January 2018)  
10901 Little Patuxent Parkway, Columbia, MD 21044  
443-518-4110  
[koc@howardcc.edu](mailto:koc@howardcc.edu)  
[www.howardcc.edu/koc](http://www.howardcc.edu/koc)

## HCPSS SUMMER INSTITUTE

Summer registration information posted January 2018  
10910 Clarksville Pike, Ellicott City, MD 21042  
410-313-6600  
[www.hcpss.org/summer-programs/](http://www.hcpss.org/summer-programs/)

## BALTIMORE'S CHILD

Camp Directory available January 2018  
DAY, OVERNIGHT, SPECIAL NEEDS AND MORE  
[www.baltimoreschild.com](http://www.baltimoreschild.com)

## BALTIMORE'S CHILD SUMMER CAMPS AND PROGRAMS FAIR

Sunday, February 25 • Noon-4:00 p.m.  
Goucher College  
1021 Dulany Valley Road, Baltimore, MD 21204-2794

## ADDITIONAL RESOURCES

CARE Line 410-313-CARE (2273) or  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)

## LOCATE CHILD CARE

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

## AMERICAN CAMP ASSOCIATION

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

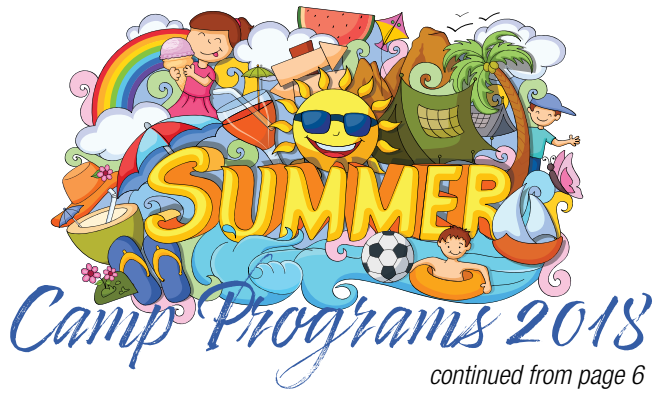
## MARYLAND CHILD CARE REGULATIONS

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

## BABYSITTING FUNDAMENTALS (February 21, April 11)

[http://apm.activecommunities.com/howardcounty/Activity\\_Search/70176](http://apm.activecommunities.com/howardcounty/Activity_Search/70176)

This babysitter training course emphasizes child development, safety, security, first aid, understanding, patience, and other necessary skills. Class includes introduction to hands-only CPR & AED, but does not include CPR certification. Registrants must be at least 11 years old by the first class.



### CLIMB: Day of Leadership (March 11th)

[http://apm.activecommunities.com/howardcounty/Activity\\_Search/70305](http://apm.activecommunities.com/howardcounty/Activity_Search/70305)

Are you ready to take your leadership skills to the next level? CLIMB (Connection, Leadership, Inspiration, Motivation & Balance) explores how our individual principles and personalities affect our work in groups of all sizes.

Daily activities include leadership games, workshops, and team building exercises. Gain confidence and make friends in this positive, welcoming environment. Participants identify a local opportunity and create an action plan to implement positive change.

### Teens Day Out: Spring Break Camp

[http://apm.activecommunities.com/howardcounty/Activity\\_Search/70292](http://apm.activecommunities.com/howardcounty/Activity_Search/70292)

School is closed, so come have fun and make new friends in this program created just for middle schoolers. Our engaged and energetic staff create an environment where everyone is welcome. The morning includes one of several activities to appeal to all teens such as cooking, science projects, team sports, recess games and more! After lunch, travel offsite for a field trip.

Trips to Roger Carter Community Center include swimming, gym time, Xbox challenge tournaments and more! You have lots of time to be active, but also time to relax. Bring a non-perishable lunch/drink.

### IMPORTANT DATES

- Winter Program Registration opens December 6
- Summer Camp Registration opens January 31

Visit [www.howardcountymd.gov/rap](http://www.howardcountymd.gov/rap) for the complete list of 2018 classes and camps.

For more information, call William Banks at 410-313-4609 or email at [wbanks@howardcountymd.gov](mailto:wbanks@howardcountymd.gov).

## Winter Weather Preparedness Tips

See more details in article on page 8.



# Protecting Kids on Social Media

Social networking sites, chat rooms, virtual worlds, and blogs are how teens and tweens socialize online so it's important to help your child learn how to navigate these spaces safely.

## Remind Kids: Online Actions Have Consequences

The words kids write and the images they post online have consequences offline. Encourage and/or help your kids to make good decisions:

- Create a safe screen name. A good screen name won't reveal how old they are, where they live, or their gender, and should never be the same as their email address.
- Post only what they want the whole world to see. Profiles may be seen by a broad audience (including employers, college admissions officers and police) even if privacy settings are high, so they need to think about everything they post.
- Once you post it, you can't take it back. Even if you delete the information from a site, you have little control over older versions that may circulate online.
- Never impersonate someone else. Let your kids know that it's wrong to create sites, pages or posts that seem to come from a teacher, a classmate, or someone made up.
- Limit what they share. Help your kids understand what information should stay private – including their Social Security number, home address, phone number, and family financial information (e.g. bank or credit card numbers).
- The dangers of sex talk online. Research shows that teens who don't talk about sex with strangers online are less likely to come in contact with predators. Teens should not hesitate to ignore or block people they don't know.

## Limit Access to Your Kids

Ask your kids who they're in touch with online. Review your child's "friends" list and limit their "friends" to people they actually know.

- Use privacy settings found on most social networking sites and chat rooms so you can restrict access to your kids' profiles. Talk to your kids about the importance of these settings, and your expectations for who should be able to view their profile.
- Most chat programs allow parents to control whether people on their kids' contact list can see their status, including whether they're online. Some chat and email accounts allow parents to determine who can send messages to their kids, and block anyone not on the list.

## Talk to Kids About What They're Doing Online

- Get to know the social networking sites your kids use. If you're concerned about risky online behavior, search the sites they use to see what they're posting.
- Encourage your kids to trust their gut if they have suspicions, and tell you if they feel threatened by someone or uncomfortable because of something online. You can then help them report concerns to the police and to the social networking site.

To obtain more information or file a complaint, contact the Office of Consumer Protection at 410-313-6420 (voice/relay) or [consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov).



**CONSUMER PROTECTION**  
**We've got you covered.**

**Take Advantage of US Before Someone Takes Advantage of YOU!**

 Howard County Office of  
**Consumer Protection**  
Department of Community Resources and Services

410-313-6420 (voice/relay)  
[consumer@howardcountymd.gov](mailto:consumer@howardcountymd.gov)  
[www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)

## Winter Weather Preparedness Tips

- Stay updated on the weather. Follow your local weather forecast throughout the day. Weather changes quickly and you will want to be up to date in the event of snow.
- Check those preparedness kits! Do you have one in your car? How about your home? Make sure you have enough supplies to get you through three days. And in case of power outages, keep blankets, flashlights, battery-powered lanterns, and an emergency charging option for your cell phone readily available.
- Fully winterize your vehicle: have a mechanic check anti-freeze, brakes, heater and defroster, tires, and windshield wipers to ensure they are in good shape. Keep your gas tank at least half full.
- Keep space heater safety in mind! Use electric space heaters with automatic shut-off switches and non-glowing elements. Remember to keep all heat sources at least three feet away from furniture and drapes.
- Check in with neighbors who may have additional needs.
- If you cannot clear snow from your driveway and/or sidewalk, ask a neighbor for help, or hire someone in case of emergencies.
- Make sure to bring pets inside.
- When it's snowing, don't drive unless necessary; roads can quickly become slick and dangerous.
- Follow the Office of Emergency Management on social media or look for their posts on Nextdoor.

Facebook: @OEMHowardCountyMD  
Twitter: @HoCoOEM

# Honor Those Who Go the Extra Mile for the County's Children and Youth

I remember a special music teacher my daughter had who completely changed her enthusiasm for music and elevated her self-esteem.

A mere "thank you" couldn't express the appreciation and respect I had for him. Howard County's Celebrating Successes offered a platform to formally nominate and honor him and gave our family the satisfaction of knowing that his time, effort and compassion would not go unnoticed. When he won in his category, I took great pride in knowing that I was able to make a difference in his life with gratitude for all he had given to his students.

**Do you know someone who goes above and beyond to make a difference in your child's life?** It may be a mentor, coach, teacher, child care provider or neighbor. **In this day and age of negative news, celebrate the good things people do to support Howard County children and youth!** Nominate a special person or organization to be recognized at the annual Celebrating Successes "Excellence in Bloom."

**Nominations are due by March 2, 2018. The online process is easy to complete and submit at [www.howardcountymd.gov/celebrating2018](http://www.howardcountymd.gov/celebrating2018).**

## Special Nomination Category for Youth Under 18!

If you know of someone under age 18 who has initiated positive change in our community — either as individuals or as part of a group — nominate him, her or them for the **MAKING A DIFFERENCE YOUTH AWARD**. For more information about Celebrating Successes for Children, contact the Howard County Office of Children and Families at 410-313-1940 or [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

FOR ALL HOWARD COUNTY FAMILIES

# THE CARE LINE

CHILD AND ADOLESCENT RESOURCES AND EDUCATION

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

**410-313-CARE (2273)**

VOICE/RELAY

[children@howardcountymd.gov](mailto:children@howardcountymd.gov)

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

This FREE SERVICE is provided by the Howard County Office of Children and Families, with the support of Howard County Department of Community Resources and Services and the Maryland State Department of Education.

 Howard County Office of  
**Children and Families**  
Department of Community Resources and Services

Celebrating  
Successes

*Excellence in Bloom*

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

**Nominations must be submitted  
NO LATER THAN March 2!**

 Howard County Office of  
**Children and Families**

Department of Community Resources and Services

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/celebrating2018](http://www.howardcountymd.gov/celebrating2018)

**NAMI's Family-to-Family** is a free, 12-session education program for family, partners, friends and significant others of adults living with mental illness. The course is designed to help all family members understand and support their loved one living with mental illness, while maintaining their own well-being. The course covers illnesses such as schizophrenia, bipolar disorder, depression and other mental health conditions. This life-changing program is taught by trained teachers who are also family members and know what it is like to have a loved one living with mental illness.

**NAMI Howard County**

9650 Santiago Road, Suite 1, Columbia, MD 21045

410-772-9300 • [www.namihowardcounty.org](http://www.namihowardcounty.org)

Contact: Alikah Adair at [aadair.nmaihc@gmail.com](mailto:aadair.nmaihc@gmail.com)

**COLLEGE COSTS LOOMING?**



A panel of experts will answer questions about how to pay for college and shop for student loans. You'll discover:

- ▶ The Best Ways to Pay for Higher Education
- ▶ How to Evaluate Loans and Repayment Obligations
- ▶ Ways to Identify and Avoid Scams Targeting Students

**Wednesday, January 17 • 6:30 PM**

**Howard Community College**

The Horowitz Center Smith Theatre

10901 Little Patuxent Parkway

Columbia, MD 21044

Space is limited; register NOW to secure your seat!  
[www.studentloanforum.eventbrite.com](http://www.studentloanforum.eventbrite.com)

For Agenda, Presenters And Additional Details  
[www.howardcountymd.gov/knowbeforeyouowe](http://www.howardcountymd.gov/knowbeforeyouowe)

A PARTNERSHIP PRESENTATION COURTESY OF  
 Howard County Office of  
**Consumer Protection**  
Department of Community Resources and Services  
[www.howardcountymd.gov/consumer](http://www.howardcountymd.gov/consumer)



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 4.

Help stock the

**HOWARD COUNTY Diaper Bank**

The Diaper Bank is part of the Howard County Food Bank which supports families in need..



**February 1st—28th, 2018**

**Donations will be accepted at all Howard County Library System Branches**

What is needed:

- Disposable Diapers
- Especially sizes 3-6

Unopened packages, please



**HOWARD COUNTY LIBRARY SYSTEM**  
Public Education for All



**Community Action Council**  
of Howard County  
HELPING PEOPLE. CHANGING LIVES

For questions please contact 410-313-CARE (2273) or [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

**Got Drugs?**

**DROP OFF 24/7**

Northern District  
3410 Courthouse Dr.  
Ellicott City

Southern District  
11224 Scaggsville Rd.  
Laurel

**DROP OFF DURING BUSINESS HOURS**

Community Outreach  
3074 Little Patuxent Pkwy.  
Columbia

Gary Arthur  
Community Center  
2400 Rt. 97  
Cooksville

For more info, visit  
[www.HCPC.org](http://www.HCPC.org).

Howard County police will dispose of your expired or unwanted medications

**YEAR ROUND**

at one of our prescription drug drop off locations!



**HCDrugFree**



# The Family Institute

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

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

WINTER 2018

## NEW YEAR'S RESOLUTIONS SERIES BUILDING YOUR PARENTING SKILLS IN THE NEW YEAR

### Know Before You Owe

Wednesday, January 17 • 6:30 p.m.

Howard Community College, The Horowitz Center Smith Theatre  
10901 Little Patuxent Parkway, Columbia 21044

Free! Register at [www.studentloanforum.eventbrite.com](http://www.studentloanforum.eventbrite.com)

A panel of experts will answer questions about how to pay for college and shop for student loans. You'll discover the best ways to pay for higher education; how to evaluate various loans and repayment obligations; and ways to identify and avoid scams targeting students.

### Choosing Quality Child Care

Finding a child care setting you trust is a very important yet stressful task. Attend one of these free workshops to help you make an educated decision on how to choose preschool, family child care, co-ops, or another type of program. Gather information to determine the best fit for your family. A child care specialist will discuss factors to consider including schedule, price, location, activities, academic preparation, accreditation, etc.

2018 Preschool & Child Care Information Fair

Saturday, January 20 • 1:00 – 4:00 p.m.

Ten Oaks Ballroom, 5000 Signal Bell Lane, Clarksville 21029

Workshop Offered at 12:30 (before the fair begins)  
and again at 1:30 and 2:30 during the fair

### Parents' Survival Guide for the Elementary Years

Wednesday, January 24 • 6:00-8:00 p.m.

Deep Run Elementary School

FREE! Space is limited; pre-registration required

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 old:

- 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

Wednesday, February 7 • 7:00 p.m.

Hammond Middle School

FREE! Space is limited; pre-registration required

Adolescence is a stressful time filled with academic, community and social pressures. Stress tops the list of concerns of most teenagers today. A teenager who has been anxious since childhood may have a lifestyle built around anxiety, and may filter out activities and environments and 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. Teens can learn to practice positive coping skills rather than avoid environments and situations that cause stress. Teens that have parental support during stressful times are more likely to successfully navigate daily struggles. 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.

### Friendship Skills for School and Life Successes

Wednesday, February 21 • 6:00-7:00 p.m.

Deep Run Elementary School

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 up 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 and emotional development by helping them 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 four to ten years of age.

**CLICK ON THE WORKSHOP TITLE TO REGISTER ONLINE!**

## Behavior Basics and Managing Meltdowns

Three Tuesdays: March 13, 20 & 27 • 6:30 – 8:30 p.m.

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 three-part workshop with skills to use immediately. A workshop for parents, grandparents and anyone working with children ages one to six.

## Teen Parenting Strategies: Strengthening Relationships and Improving Behavior

Wednesday, March 21, 7:00 p.m.

Clarksville Middle School, Media Center

6535 S. Trotter Road, Clarksville 21029

FREE. Space is limited; pre-registration is 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. Parents, grandparents and guardians who attend this workshop will discover how 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 help your teen choose positive coping skills
- Learn techniques to demonstrate strategies to help your child process and solve their worries

## 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. Participants who complete all five classes will receive a certificate of completion upon request. CHILD CARE NOT PROVIDED.

Howard County Office of Children and Families

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

\$8/class (\$35/complete five-part series) • 6:00 - 7:30 p.m.

Space is limited; pre-registration is required.

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

Questions can be emailed to [children@howardcountymd.gov](mailto:children@howardcountymd.gov)

**To Register for All Five Workshops (CLICK HERE)**

## Be a Brain Builder: Know as They Grow

Monday, January 22 • 6:30 – 8:00 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

Monday, January 29 • 6:30 – 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, Parts 1 & 2

Monday, February 12 • 6:30 – 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.

Monday, February 26 • 6:30 – 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 you want to see. Leave with practical strategies and tools to implement immediately!

## Keeping Kids Safe

Monday, March 5 • 6:30 – 8:00 p.m.

Discuss safety-proofing your home for all 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.

## INCLEMENT WEATHER NOTICE

For information on closings and cancellations,  
call the Inclement Weather/Program Status

**410-313-7777 (VOICE/RELAY)**

or visit us online at

**[howardcountymd.gov/communityresources](http://howardcountymd.gov/communityresources)  
or [Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)**