



Free Family Workshops & Parent Pages Newsletter

August 2026

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Lifting the Invisible Mental Load:

Tools for Sharing the Work at Home

Fall is coming and busy schedules are about to hit the calendar. Are you feeling like you are doing all the thinking, planning, coordination and lists for this transition? You are probably carrying the family's invisible mental load. Wondering if there is a better way? Join this community discussion and learn strategies to find a new way to share the workload and lift some of the stress.

Monday, August 10, 7 p.m.

Brain Builders: Optimizing Your Toddler's Early Brain Development

Did you know your toddler's brain grows faster in the first three years than at any other time in life? Learn simple, everyday ways to boost your child's development—through play, talking, reading, singing, and routines. Discover how these daily moments build strong brain connections, foster social and emotional skills and support your child's growing independence. Leave with practical tips, encouragement and local resources to keep building your toddler's brain every day!

Tuesday August 11, 1:00 p.m.

Routines for School Success

Are you ready for fall scheduling changes to start? Do you know the developmental milestones your child should be reaching? In this workshop, families will learn about the routines, activities, and learning experiences children can expect in preschool or childcare. Parents will discover how to create simple and effective morning, after-school, and bedtime routines that support independence, reduce stress, and help children feel prepared for each day. Families will also receive practical strategies and easy activities to extend their child's learning and development at home.

Monday, August 17, 6:30 p.m.

Helping Young Children Learn to Make Friends

Helping children build strong friendships starts at home! Join us for this interactive parent workshop to learn practical strategies for teaching friendship skills such as sharing, taking turns, communicating, showing kindness, solving conflicts, and building empathy. Discover simple ways to model and practice these skills through everyday routines, play, and conversations. Leave with helpful tips and activities to support your child's social confidence and positive relationships at home, school, and in the community. **Wednesday, August 26, 7:00 p.m.**

To request this information in an alternate format, or accommodations to participate in these programs, email children@howardcountymd.gov or call the CARE Line, 410-313-CARE(2273) (voice/relay).

Howard County Office of Children and Families

<https://bit.ly/HoCo-FamilyEngagement>



**To visit our website and
register, scan the QR code**

Newsletter

Click on Parent Pages

www.howardcountymd.gov/parentpages

**For questions or assistance with
registering, call 410-313-2273
(voice/ relay) or email
children@howardcountymd.gov**

**Programming questions,
email Lisa Rhodes at
lrhodes@howardcountymd.gov**

Parent's Guide to Challenging Behaviors

Discover a proven, research-based approach to better understand your child's behavior and what influences it. Learn practical tools to prevent challenging behaviors—and handle them calmly when they do occur. Ask questions, gain ready-to-use strategies and leave feeling more confident in your parenting. For parents of children ages 2–8.

Wednesday, September 9, 7:00 p.m. Free virtual workshop

The Howard County Family Support Center (FSC) offers community-based programs for parents and caregivers of children age birth to five. Located at 9790 Patuxent Woods Drive in Columbia, FSC programs highlight child development, parent education and health information. Upcoming programming below. For more information on programming, contact Ashton Sullivan, asullivan@howardcountymd.gov, 410-313-1453 (voice/relay)

Drop-in Play Group

Drop-in Play Group with Howard County Early Intervention Services: Children and their families are invited to explore and play at our Family Support Center! Parents must stay with their children. This is a great opportunity for children to meet new friends and parents to network! The HCPSS Early Intervention team will be onsite doing child developmental screenings for any parents who are interested.

Monday, August 17, 10 a.m. – 12 p.m.

The Basics Howard County | The Basics Insights text messaging

Research shows that 90% of brain growth happens by age five. The Basics provide five simple things parents can do to make the most of these early years. Parents in Howard County can receive free tips directly to their phone to support their child by [signing up](#) for **Basics Insights**. These weekly text messages provide suggestions based on your child's developmental stage, from birth to five (available in English or Spanish). [Learn more](#).

Have a rising Kindergartener? Get ideas on helping them be ready from day one.

[August Kindergarten Readiness Newsletter](#)