



Free Family Workshops & Parent Pages Newsletter November 2026

[Read the Parent Pages Newsletter](#)

[Building Parenting Plans to Create Calm During the Holidays](#)

The holiday season often brings added pressure for co-parents, but a clear parenting plan can keep everyone on the same page. In this workshop, divorce and co-parenting mediator, coach, and attorney Allison McFadden will share practical strategies for creating parenting plans that cover day-to-day routines while also addressing how to create clarity around the holidays to minimize conflict. Whether you're drafting a new plan or fine-tuning an existing one, you'll leave with tools to reduce stress, support your children, and stay focused on what matters most.

Wednesday, November 4, 7 p.m. Virtual workshop

[Ask the Parent Educator: Parents as Teachers Open House](#)

Wednesday, November 4, 10:30 am - 12 pm.

9830 Patuxent Woods Drive, Columbia

This interactive session is designed to support parents and caregivers with practical guidance, encouragement, and evidence-based parenting strategies. Through open discussion, this workshop offers families the opportunity to connect directly with experienced Parent Educators while engaging in some of our favorite parent-child activities. Whether you're seeking advice on everyday challenges or looking to strengthen your parenting toolkit, this opportunity provides a safe, judgment-free space to ask questions, share experiences, and learn from others. For caregivers of children (prenatal to age 5)

[Co-Parenting Through Conflict: Putting Your Child First](#)

Don't wait for conflict to take a greater toll—discover ways to move forward for your child's well-being.

Conflict between co-parents can take a toll on both parents and children. Learn practical strategies to manage anger, reduce stress, and build a healthier, child-focused relationship. Presented by Risa Garon, Gina DeLeonardis, and Cortland Jones of the National Family Resiliency Center, experienced professionals who help families navigate challenging transitions. **Tuesday, November 10, 1 p.m. Free virtual workshop**

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**

Growing Up Safe: Nurturing Body Boundaries in Early Childhood Together, we will explore how to weave the concepts of body autonomy and personal boundaries into everyday moments—like diaper changes, tickle games, and saying goodbye to relatives—in a way that feels safe, warm, and empowering for your child. You will walk away with practical tools, comforting reassurance, and wonderful children's book recommendations to help continue these warm conversations at home. **Monday, November 16, 6:30 p.m. Free virtual workshop**

Play & Learn Come play, explore, and learn together as we celebrate **Little Ways to Give, Grow & Connect!** In this interactive session, children and caregivers will explore hands-on activities inspired by The Basics, building skills like talking, counting, moving, and problem-solving. Connect with other families and discover simple, fun ways to support your child's learning and development through everyday play! For children ages 1–5 and their caregivers. **Wednesday, November 18, 10:00 - 11:30 a.m. Free, N. Laurel Community Center**

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. **Thursday, November 19, 1:00 p.m. Free virtual workshop**

Welcome to Parenthood: Connecting to Howard County Resources

Becoming a parent is a big transition and knowing what support is available can make all the difference. Explore the services available in Howard County, learn where to go for trusted information and how to access local support systems that can help you feel more confident and connected. Let's make the most of your parenting journey—together. **Monday, November 30, 1:00 p.m. Virtual workshop**

Navigating Howard County Housing Resources Are you looking for affordable housing in Howard County?

Perhaps you're having issues with your landlord or looking for ways to pay down your debt. This session will guide you through the various resources and support available in the county. Learn about different housing options, consumer rights, financial assistance programs such as eviction prevention, and how to access the right agency for your specific need. **Thursday, December 3, 6:30 – 8:00 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: 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! **Friday, November 20, 10 – 11:30 a.m. Register [here](#)**

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 at The Basics Howard County webpage.](#)