



Free Family Workshops & Parent Pages Newsletter

July 2025

[Read the Parent Pages Newsletter](#)

Are We There Yet? Travel Activities for Children

Traveling by plane, train, or automobile this summer? Join us as we show you how to prepare hands-on travel activities to keep your little ones engaged, learning and having fun while getting from “here to there.” Get tips on entertainment ideas, survival strategies and practical advice to help make your upcoming trip a success! **Thursday, July 17, 7 p.m.**

Free virtual workshop, register [here](#)

Raising Resilient Kids

Build your child’s emotional resilience through everyday experiences and develop strong coping skills. Learn strategies to support your child as they navigate transitions and manage overwhelming emotions like worry, disappointment, failure, and sadness. Discover how to help your child prepare for challenges, regulate their feelings and bounce back with confidence and strength. **Monday, July 21, 7 p.m. Free virtual workshop, register [here](#)**

Brain Builders: Optimizing Your Infant’s Early Brain

Development Babies are primed to start learning from the day they are born and there is ample science about how to support them during this critical time in their development. Gain an understanding of an infant’s developing brain and how simple daily interactions and activities are the learning moments that support those brain connections. Learn how creating a secure attachment with your baby helps to create effective learning pathways. Explore the many resources in the community that will support your family on this developmental journey to help ensure that your baby starts off with a healthy and strong beginning. **Tuesday, July 29, 1 p.m. Free virtual workshop, register [here](#)**

The Dad Check In Join us on the first and third Thursday of the month for a one hour virtual meet up on where dads with children ages 0-5 connect, share, and support one another in a safe, welcoming space. It’s your time to recharge, laugh and build community with other awesome dads.

Thursdays; July 3 & 17, 7-8 p.m. Register [here](#)

[Kindergarten Readiness Newsletter](#)

Howard County Office of Children and Families

www.howardcountymd.gov/children-families/family-engagement



To visit our website and register, scan the QR code

Family Programming

Click on the Family Institute & Family Support Center

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

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)

Summer Reading Kickoff! Jumpstart your child's summer learning with our Summer Reading Kick-Off at the Family Support Center! Discover fun, hands-on ways to build your child's literacy skills at home all summer long. Families will receive a free literacy kit filled with simple, engaging activities. Join our Reading BINGO challenge. Let's make reading fun, easy, and part of your summer routine! **Wednesday, July 2, 10 – 11 a.m. Register [here](#)**

Infant Discovery Play: Join us for a morning of tummy time and sensory activities for infants 0–12 months. **Tuesdays; July 1 – July 15, 9 – 9:45 a.m. Register [here](#)**

Summer Story Time Series: Join us for Story Time Adventures—a fun weekly session with a story, a song, and a themed activity! It's a great way for young children to enjoy reading, get creative, and make new friends. **Mondays July 7–14, 10:30 – 11:30 a.m. Register [here](#)**

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! **Wednesday, July 9, 10 – 11a.m. Register [here](#)**

Red, White, & Blue Snack and Craft Time: Celebrate with us during a fun-filled **Red, White, and Blue** morning with festive crafting and a themed snack while building skills and making memories. Perfect for young children, caregivers join the fun too! **Thursday, July 3, 10 – 11a.m. Register [here](#)**

Popsicles at the Park: We are heading to the park! Meet us at Western Regional Park: 14800 Carrs Mill Rd, Cooksville, MD 21723 For a fun morning of playground time and popsicles! Pre-registration is encouraged but not required. **Wednesday, July 16, 9:30 – 11a.m. Register [here](#)**

English for Life, Work, and Family: Learn every day, practical English and develop skills in listening, speaking, reading, writing, and grammar. 12-week series. Childcare will be provided for children 0-5 years old. **Mondays and Wednesdays; July 21 – October 2, 10 a.m. – 12 p.m. Register [here](#)**

Creating a Traveling Kit for Kids: Create engaging, travel-friendly activities to keep your child busy and learning along the way. You'll also pick up useful tips, clever entertainment ideas, and practical advice to help make your journey smoother and more enjoyable. **Wednesday, July 23, 1 – 2p.m. Register [here](#)**

Under the Sea Learning Party: Explore marine life through exciting water play, watch live feeds from the aquarium, and create colorful ocean-inspired crafts. Join us for an afternoon celebrating the wonders of life “under the sea” — perfect for curious kids and families ready to learn and play together! **Tuesday, July 29, 12:30 – 1:30p.m. Register [here](#)**

Dads in the Park: Come out and enjoy an exciting afternoon as we celebrate fathers and their little ones, ages 0-5. This family friendly event features lawn games, delicious snacks, frozen treats and so much more! **Thursday, July 31, 5:30 – 6:30 p.m. Lake Elkhorn Park. Register [here](#)**

View complete Family Support Center calendar [here](#)

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).