

January

2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 1	2	3	4
6	7  <u>Tiny Tots</u> 10 – 10:45am Drop in Play Groups 11am -12pm 	8 <u>Circle of Security Parent Series</u> 11am – 12:30pm 	9 <u>Tummy Time</u> 10 – 11am 	10	11
13 <u>Healthy Little Cooks</u> “Sandwiches Fit for A Kid”  10:30 – 11:30am <u>Baby Dance Club</u>  12:30-1:30pm	14  <u>Tiny Tots</u> 10 – 10:45am Drop in Play Groups  11am -12pm	15 <u>Donuts with Police Officers</u>  9-9:45am <u>Cognitive Development in Problem-Solving and Critical Thinking</u>  10 – 11am  <u>Circle of Security Parent Series</u> 11am – 12:30pm	16 <u>Tummy Time</u> 10 – 11am  <u>Safe Kids</u>  11am – 12pm	17	18
20 The Family Support Center is Closed Today 	21  <u>Tiny Tots</u> 10 – 10:45am Drop in Play Groups  11am -12pm	22 <u>Circle of Security Parent Series</u>  11am – 12:30pm	23 <u>Tummy Time</u> 10 – 11am 	24	25 Child Care Fair 9-1pm East Columbia 50+ Center
27 <u>Infant Sleep 101</u> <u>Caregiver Class</u> 5:30 – 7pm 	28  <u>Tiny Tots</u> 10 – 10:45am <u>English for Life, Work, and Family Series</u>  1-3pm	29  <u>Building Strong Foundations Workshop</u> 10 – 11am <u>Circle of Security Parent Series</u>  11am – 12:30pm	30 <u>Tummy Time</u> 10 – 11am  <u>English for Life, Work, and Family Series</u>  1-3pm	31	

Do

Description of Events

Healthy Little Cooks: Engage your 2-4-year-olds in interactive healthy cooking and nutrition education class facilitated by Healthy Little Cooks! Tailored for a parent and child, these sessions focus on promoting healthy eating habits through cooking, reading, movement, and kindergarten readiness assessment (KRA) skills. Each class typically includes 1-2 quick recipes alongside fun activities like crafts, physical activities, or coloring pages. This program offers a holistic healthy learning environment for families. Sessions last 45 minutes, with flexibility for parent discussions

Monday January 13th “Sandwiches Fit for a Kid” 10:30 – 11:30am [CLICK HERE TO REGISTER](#)

Drop in Play Groups: Children and their families are invited to explore and play at our Family Support Center! Parents must stay with their children. This month we will have different optional Winter themed activities each week for children to participate in!

Session 1 (0-2 Year olds) Tuesday January 7th 11am – 12pm [CLICK HERE TO REGISTER](#)

Session 2 (3-5 Year olds) Tuesday January 14th and 21st 11am – 12pm [CLICK HERE TO REGISTER](#)

Circle of Security Parent Series: At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of attachment research about how secure parent-child relationships can be supported and strengthened.

The aim of COSP is to support parents and care-givers to: **Understand** their child's emotional world by learning to read emotional needs

Support their child's ability to successfully manage emotions. **Enhance** the development of their child's self-esteem **Honor** the innate wisdom and desire for their child to be secure.

Wednesdays from 11 – 12:30pm from January 8th – February 26th. Child care will be provided [CLICK HERE TO REGISTER](#)

Tummy Time Series: Join us in an interactive class led by pediatric physical and/or occupational therapists to support parents/caregivers and their babies ages 0-pre crawling (approx 6-8mos old). Therapists will give parents the confidence and knowledge to engage in purposeful play while supporting their baby's early motor milestones. Tummy time is an essential activity for babies to develop a strong foundation which will help accomplish physical milestones such as sitting, crawling, and walking. This class takes the stress out of meeting milestones and encourages community, social engagement, and connection with your little one.

Thursdays January 9th – February 13th 10 – 11am [CLICK HERE TO REGISTER](#)

Tiny Tots Series: Led by pediatric speech-language pathologists and occupational therapists, our sessions are designed for children ages 18-36 months old and their caregivers. Tiny Tots sessions encompass a variety of activities including communication, sensory exploration, art, feeding/snack time, movement, and music. Discover the vital role of PLAY in your child's development while connecting with other families in the community. *Bilingual (Spanish-English) speakers welcome

Tuesdays January 7th – February 11th 10 – 10:45am [CLICK HERE TO REGISTER](#)

Cognitive Development in Problem-Solving and Critical Thinking: This interactive workshop explores how young children develop problem-solving and critical-thinking skills. Parents will learn practical strategies to foster these abilities through play, questioning techniques, and everyday activities, empowering them to support their child's cognitive growth and confidence in tackling challenges.

Wednesday January 15th 10 – 11am [CLICK HERE TO REGISTER](#)

Building Strong Foundations - Understanding Behavioral Health in Young Children : This workshop provides parents with a foundational understanding of behavioral health in children ages 3-6. Participants will learn to identify common behavioral challenges, recognize the importance of early intervention, and explore practical strategies to support their child's emotional and behavioral well-being. **Wednesday - January 29th 10 – 11am** [CLICK HERE TO REGISTER](#)

Donuts with Police Officers: Join us for a fun and educational morning with the officers from the Howard County Police Department! Bring your children to meet and greet the officers, enjoy delicious coffee and donuts, and learn about the important work the police do to keep our community safe. **Wednesday January 15th 9 – 9:45am** [CLICK HERE TO REGISTER](#)

Safe Kids: Keeping young children safe starts in the home. This home safety class is designed for parents and caretakers of infants and toddlers. As an attendee, you'll learn the biggest home safety risks for children under the age of four and how to prevent serious or deadly injuries.

Thursday January 16th 11am – 12pm [CLICK HERE TO REGISTER](#)

Baby Dance Club: Welcome to Baby Dance Club™! Join us for a joyful experience designed for parents and caregivers of babies aged 0-18 months. In this one-hour class, you'll immerse yourself in a lively atmosphere where bonding, movement, and community come together. The first 30 minutes are filled with fun and engaging dance routines, starting with a warm-up featuring signature Baby Dance Club™ moves to get you energized. Each week, we introduce a new choreographed dance to a fresh song, ensuring every class is a unique experience. Bring your favorite baby carrier to keep your little one close while you groove, enhancing both your dance experience and your connection with your baby. After our dance session, we transition into 30 minutes of conversation and community building, providing a wonderful opportunity to mingle with other caregivers, share experiences, and form friendships in a supportive environment. Baby Dance Club™ is more than just a dance class; it's a chance to bond with your baby, stay active, and connect with fellow parents. Led by Madison, a certified postpartum doula and pediatric sleep consultant, you'll also gain valuable insights into parenting throughout the class. Come experience the joy of movement, community, and connection at Baby Dance Club™!

Monday January 13th 12:30 – 1:30pm [CLICK HERE TO REGISTER](#)

Infant Sleep 101 Caregiver Class: Class for caregivers of children 15 months and under (including prenatal caregivers) to learn more about sleep with a large emphasis on Q&A!

Monday January 27th 5:30 – 7:00pm [CLICK HERE TO REGISTER](#)

Virtual Parent Workshops

Managing Your Family's Schedules and Stress Levels

Start the new year off with a fresh start. Gain strategies and resources to manage your family's activities and responsibilities and prioritize, organize, and reshape your family's routine. Walk away feeling empowered to start the new year in control.

Thursday, January 9, 12:30 p.m. Free virtual workshop. Register [here](#)

Understanding Early Intervention Services and Child Development

Concerned about your child's development? Research shows 68% of 3rd graders who received early intervention no longer need special education. Learn how to request developmental testing through the Infants and Toddlers and Child Find Programs. Discover the significant benefits of early intervention and other valuable community resources to support your child's growth. Information for children ages birth to five. **Monday, January 13, 6:00 p.m. Register [here](#)**

Selecting High Quality Child Care

Selecting child care can feel overwhelming for parents. Everyone wants to find care that meets their needs: a safe and healthy environment, a place where their child enjoys attending, convenient hours and location, and a program that is affordable. Learn how to choose the right child care program for your family and how to apply for the Child Care Scholarship to help with tuition.

Tuesday, January 14, 7:00 p.m. Register [here](#) & Wednesday, January 22, 1:00 p.m. Register [here](#)

Effective Parenting Plans: Co-Parenting Across Two Households

Creating a successful parenting plan is crucial for fostering a harmonious and supportive environment for children, especially when parenting across two households. Learn key elements of building a comprehensive parenting plan, focusing on the practical steps and strategies needed to ensure a smooth and collaborative co-parenting experience. **Monday, January 27, 7:00 p.m. Register [here](#)**

From The Womb To The Classroom: Kindergarten Readiness

It is never too early to lay the foundation for learning. Discover how early parent-child experiences shape your child's development for their success in kindergarten and beyond. **Thursday, January 30, 7:00 p.m. Free virtual workshop, Register [here](#)**

Questions? Contact Family Support Center Director Ashton Sullivan asullivan@howardcountymd.gov 410-313-5987

To register use the QR Code Below:



<https://www.howardcountymd.gov/family-support-center>