

Free Family Workshops & Parent Pages Newsletter

February 2025

[Read the Parent Pages Newsletter](#)

Setting the Foundation for Better Sleep, Newborn to 15 Months

An interactive sleep education workshop designed for parents of newborns to 15-month-olds. Discover the essentials of safe sleep practices, myth bust common misconceptions about sleep training, and learn about the role of a sleep consultant in creating personalized sleep plans. Learn practical tips to address common sleep challenges, answer your questions, and share strategies to help your little one develop healthy sleep habits from the start. **Thursday, February 6, 1:00 p.m. Free virtual workshop, Register [here](#)**

Parent's Guide to Challenging Behaviors

Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight. **Saturday, February 8, 10:00 a.m. Free Virtual Workshop, register [here](#)**

The Basics of Math

This Basics math session focuses on everyday ways to bolster early math confidence for a sturdy foundation for school readiness. Learn ideas to provide fun, simple and powerful ways to enhance child's brain growth. Learn ideas essential in facilitating skill development of young children and opportunities to become better learners for the future. Families that attend will receive a math book for their child. For ages 2 to 5. **Monday, February 10, 7 p.m. Free Virtual Workshop. Register [here](#)**

Sleep Solutions for Toddlers and Preschoolers

Join a certified postpartum doula and pediatric sleep consultant, for an engaging workshop focused on sleep education for children 15 months and older. Explore safe sleep tips focusing on childproofing your little one's space, learn how to navigate toddler sleep transitions, and gain insight into creating a personalized plan tailored to your child's needs and your parenting style. Bust common sleep training myths, share actionable strategies and answer your questions to help you and your family get the rest you deserve.

Wednesday, February 12, 6:30 p.m. Free Virtual Workshop. Register [here](#)

Howard County Office of Children and Families

www.howardcountymd.gov/family-institute



To visit our website and register, scan the QR code

Family Workshops
Click on the Family Institute

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

Building Harmony: Conflict Resolution Strategies for parenting across households

Dual household families come with unique challenges, but with the right tools, you can navigate conflicts with confidence. Learn practical conflict resolution and collaborative decision-making techniques, recognize stress signals in your body, and create a calmer, more connected home environment in this interactive workshop. For families with a parenting plan looking to strengthen communication and reduce tension. Hosted in partnership with the Mediation and Conflict Resolution Center, Inc (MCRC)

Thursday, February 20, 7 p.m. Free Virtual Workshop. Register [here](#)

Eat, Learn, Grow for Families – STEM

Focus on Early Learning Literacy and Science, Technology, Engineering, and Math (STEM). Young children have a natural curiosity about the world around them and through STEM exploration, children begin to wonder, explore, and investigate their environment. Gain skills and knowledge to explore STEM topics at home with your children. This workshop will highlight STEM-focused children's literature and explore ways to incorporate creative and fun STEM activities into everyday life.

Wednesday, February 26, 6:30 p.m. Free Virtual Workshop. Register [here](#)

[Grand Connections series](#)

Introducing the Grand Connections series: Are you a grandparent providing care for a grandchild under five? Want to learn more about how to make the most of your time with your grandchild, connect with other grandparents and catch up on the latest info on raising little ones? Join the Office of Children & Families staff and explore the unique bond between grandparents and their grandchildren! Saturdays starting in February at Elkridge 50+ Center. Workshops cover current caregiving strategies, partnering with parents, bedtime strategies, screentime, mealtimes, behaviors, and routines. To view entire series, visit [here](#)

Grandparents: The Cornerstone of Early Child Care

Discover the vital role grandparents play in shaping a child's early years. This workshop explores effective caregiving strategies, fosters stronger intergenerational bonds, and provides tools to support your grandchildren's growth and development with love and wisdom.

Saturday, February 1, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Free, Register [here](#)

Sharing the Care with Adult Children and Other Caregivers

Caring for a loved one is a team effort. This workshop provides practical strategies for collaborating with adult children and other caregivers to create a cohesive and supportive care plan. Learn how to communicate effectively, set boundaries, and ensure everyone's needs are met in a balanced and compassionate way.

Saturday, February 8, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, register [here](#)

Good Night, Sleep Tight

Sleep is essential for health and well-being, but achieving restful nights can be a challenge for caregivers and their loved ones. This workshop explores practical tips and proven techniques to improve sleep quality, manage sleep disruptions, and create a soothing bedtime routine for you and those in your care.

Saturday, February 22, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, 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 age five (available in English or Spanish). [Learn more.](#)

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