



## Free Family Workshops & Parent Pages Newsletter

January & February 2026

### Read the Parent Pages Newsletter

#### **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. **Tuesday, January 27, 1:00 p.m. Free virtual workshop, register [here](#)**

#### **Raising Resilient Kids: Strengthening Children's Coping Skills**

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. **Thursday, January 29, 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, February 3, 12:30 p.m. Free virtual workshop, register [here](#)**

#### **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, February 10, 1 p.m. Free virtual workshop, register [here](#)**

## Howard County Office of Children and Families

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



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

#### **Family Programming**

**Click on the Family Engagement & Family Support Center**

#### **Newsletter**

**Click on Parent Pages**

[www.howardcountymd.gov/parentpages](http://www.howardcountymd.gov/parentpages)

**For questions or assistance with registering, call 410-313-2273**

**(voice/ relay) or email [children@howardcountymd.gov](mailto:children@howardcountymd.gov)**

**Programming questions, email Lisa Rhodes at**

[lrhodes@howardcountymd.gov](mailto:lrhodes@howardcountymd.gov)

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

### **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, February 11, 7:00 p.m. Free virtual workshop, register [here](#)**

**Monday, March 2, 1 p.m. Free virtual workshop, register [here](#)**

### **Ask the Parent Educator: How Routines Support You and Your Family**

Consistent routines and procedures create predictability, help children feel secure and are a major factor in decreasing challenging behaviors in young children. Attend to understand the benefits of routines, ask questions and share personal experiences with routines in your home. Bring questions so we may better support you in your journey to creating a smooth and calm household.

**Tuesday, February 17, 7 p.m. Free virtual workshop, register [here](#)**

### **Understanding and Responding to Children Who Bite**

Biting is a typical behavior often seen in infants, toddlers and 2-year olds. As children mature, gain self-control, and develop problem-solving skills, they usually outgrow this behavior. While not uncommon, biting can be an upsetting and potentially harmful behavior. Join us as we work together to understand why young children bite and how to prevent and address this challenging behavior. You will walk away with language, resources and the confidence to help your child overcome biting.

**TBD, February, Free virtual workshop**

### **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](#).

## **Family Support Center Programming**

**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](mailto:asullivan@howardcountymd.gov), 410-313-1453 (voice/relay)**

### **Doulas and Dads: A Breastfeeding workshop**

We invite parents to join us in learning how dads can make a big difference in breastfeeding success. Get tips, benefits, and guidance from certified lactation consultants to make breastfeeding a positive experience for everyone. **Saturday, February 7, 10 a.m. Free workshop, Family Support Center. Register [here](#)**

**Drop-in Play Group at the Family Support Center, register for one of the following dates:**

Friday, February 6, 10 – 11 a.m. Register [here](#)

Friday, February 20, 10 – 11 a.m. Register [here](#)