



Free Family Workshops & Parent Pages Newsletter

October 2025

[Read the Parent Pages Newsletter](#)

Brain Builders: Optimizing Your Toddler's Early Brain

Development 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. **Friday, October 10, 1:00 p.m.**

Free virtual workshop, register [here](#)

Navigating Your Child's Mental Health Journey

Learn about the stages of mental health and the local resources and supports that will guide your understanding, provide you with choices, and help you learn the steps to start helping your child. Leave with tangible tools for education and intervention as well as where to go for assistance if you hit roadblocks to services. **Tuesday, October 14, 7 p.m. Free virtual workshop, register [here](#)**

Potty Training Basics

Gain insight from caregivers as they share what their potty-training journey has been like. Discover ways to make the transition to the potty fun and hassle free, while avoiding some of the pitfalls that can arise when trying to potty train little ones. **Tuesday, October 21, 7:00 p.m., Free virtual workshop, register [here](#)**

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. **Monday, October 27, 6:30 p.m. Free virtual workshop, register [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).

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)

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

My Gym Fitness Classes: Classes incorporate fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. The children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. **Littles 6 Month – 2.5 Year-olds class Monday, October 6, 2 – 2:45 p.m. Register [here](#)**
Pre-K Class 2.5 – 5-Year-olds class Monday, October 20, 2 -2:45 p.m. Register [here](#)

Field Trip to Larriland Farm: Thursday, October 9, 9:30 a.m. – 2 p.m. Register [here](#)

Breastfeeding Support and Dads workshop: Learn 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. **Thursday, October 16, 9:30 – 10:30 a.m. Register [here](#)**

Grooving with Grands: Calling all grandparents and grand-caregivers with little ones (birth to age five) Join us for a morning of music, dancing and bi-lingual story time in English and Spanish. Together we'll celebrate family connections, spark creativity and support children's language, rhythm and social-emotional growth.
Thursday, October 16, 11 a.m. – 12 p.m. Register [here](#)

Circle of Security: 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 research about how secure parent-child relationships can be supported and strengthened. **Mondays, October 27 – December 15, 10 – 11:30 a.m. Register [here](#)**

Family Resiliency Series (Parent Encouragement Program): PEP-FRP is an 8-week course for parents and caregivers of children 0-5 years old. It is designed to strengthen parenting confidence, promote children's mental wellness and foster resiliency and success in school. The evidence-based program features interactive tools, group sharing and weekly skill-building exercises on topics such as emotional coaching, limit setting, motivation, and understanding mental health. **Tuesdays, October 21 – December 16, 10 – 11:30 a.m. Register [here](#)**

Engaging Families in School Readiness Series: This interactive 4-session series is designed for parents and children (ages 3–5) to learn and grow together while building essential skills for school success. Every session includes take-home resources so families can continue practicing at home. The series strengthens parent-child bonds, equips families with practical strategies and helps ensure children are well-prepared for the transition to school. **Wednesdays, October 22 & 29, November 5 & 19, 10 – 11 a.m. Register [here](#)**

Helping Children Transition Between Activities: For some children, transitions such as moving from outside play to dinner or from playtime to bedtime, can be challenging and may lead to frustration or difficult behaviors. Learn practical strategies to help children understand and anticipate what's coming next, making transitions smoother, calmer and more successful for the whole family. **Wednesday, October 22, 12:30 – 1:30 p.m. [Register here to attend in person](#) or [here to attend the workshop virtually](#)**

Empowering Voices: Supporting Children with Speech Delays: This training provides information on speech sound development from 1-6 years old so you know what sounds a child should be saying at specific ages. You will feel confident using strategies to support speech sound development and respond in ways that reduce frustrations when you have no clue what a child says. **Wednesday, October 22 5:30 – 7p.m. In person Register [here](#)**
Thursday, October 23 6:30 – 7:30p.m. Virtual Register [here](#)

Drop-In Play Group: Thursday, October 23, 10 – 11a.m. Register [here](#)

Trunk or Treat: October 30, 10:30 a.m. – 12 p.m. Register [here](#)

Family Game Night: Tuesday, October 28, 5:30 – 7 p.m. Register [here](#)