



## Free Family Workshops & Parent Pages Newsletter

July 2026

### [Read the Parent Pages Newsletter](#)

#### **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. 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. **Thursday, July 16, 1:00 p.m. Free virtual workshop**

#### **Turning Boredom into Growth:**

##### **Everyday Moments that Build Life Skills**

When summer days are unstructured, children often turn to screens to fill their time—especially when they say, "I'm bored." But boredom can be a valuable opportunity for growth. Join us to explore how everyday moments and downtime can spark creativity, problem-solving, resilience, and independence in young children. Learn practical strategies to reduce screen-time struggles and help children engage in meaningful play, build communication skills, and strengthen emotional development through simple routines, visual supports, and easy-to-use activities that fit into daily family life.

**Thursday, July 23, 12:30 p.m.**

##### **Toilet Training: Catching the Cues of the Potty Dance**

Join our informative workshop designed to help parents and caregivers navigate toilet training with confidence. Learn how to recognize signs of readiness, establish positive routines, encourage independence, manage accidents calmly, and overcome common challenges. Participants will receive practical strategies, tips, and resources to support their child's success. **Friday, July 24, 1 p.m.**

#### **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 August 11, 1:00 p.m. Free virtual workshop**

## Howard County Office of Children and Families

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



To visit our website and  
register, scan the QR code

### 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)

**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)**

### **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! The HCPSS Early Intervention team will be onsite doing child developmental screenings and answering questions for any parents who are interested. **Friday, July 31, 10 a.m. – 12 p.m.**

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### **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](#).

### **July Kindergarten Readiness Newsletter**

**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).**