



## Free Family Workshops & Parent Pages Newsletter

January 2024 Parent Pages Newsletter [here](#)

### Selecting High Quality Child Care

Selecting child care can be an overwhelming process. Every parent wants to find quality care to meet their needs; a healthy & safe environment, a child that is happy to attend the program, a program that is convenient in location & hours and a program that is affordable. Learn how to choose a child care program that works for your family.

**Monday, January 8, 1:00 p.m. Free Virtual Workshop. [Register](#)**

**Wednesday, January 24, 7:00 p.m. Free Virtual Workshop.**

[Register here](#)

**Sunday January 28, 3 live sessions between 10 a.m. and Noon.  
Child Care Fair at N. Laurel Community Center**

### Hatchlings: New Baby and Me

Welcome home, baby! This is a four-week series of classes for you and your baby, newborn - 6 months. Together you will both enjoy fun songs and activities and learn how to support your baby's development. Participants will receive a FREE take-home gift during the series.

**Tuesdays, January 9, 16, 23 and 30: 11:00 a.m. to 12:00 p.m.**

**Family Support Center, 9790 Patuxent Woods Dr., Columbia  
Free Workshop, Register [here](#)**

### Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research-based approach that considers all the factors that impact a child, family and a child's behavior. 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.

**Wednesday, January 17, 7:00 to 8:00 p.m. Free Virtual Workshop. Register [here](#)**

### Potty Training Basics

Join the Office of Children and Families for an engaging discussion about potty training basics for little ones. 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, January 23, 6:00 to 7:15 p.m. Free Virtual Workshop. Register [here](#)**

## Howard County Office of Children and Families

[www.howardcountymd.gov/family-institute](http://www.howardcountymd.gov/family-institute)



**To view and register, visit the  
website (use QR code)**

### Family Workshops

Click on the Family Institute

### Newsletter

Click on Parent Pages

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

**For assistance with registering, call  
410-313-5992 (voice/ relay) or email  
[children@howardcountymd.gov](mailto:children@howardcountymd.gov)**

### **¡Comer exigente: Cómo ayudar a tu hijo a crecer y comer una dieta equilibrada!**

Ayudar a tu bebé y niño pequeño a aprender a comer de manera saludable para toda la vida es muy importante pero puede parecer difícil. Vamos a hablar sobre cómo crecen los bebés y los niños pequeños, cómo comen, cómo crecen y cuándo es bueno pedir ayuda.

**Jueves, 25 de Enero, 7:00 p.m. Taller virtual gratuito. Regístrate [aquí](#).**

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### **Child Care Fair**

Join the Howard County Office of Children and Families for the 2024 Child Care Fair!

This is an opportunity for parents and caregivers to learn more about early childhood programs and speak directly with representatives from early care programs throughout the county, as well as meet with community partners from the Office of Child Care, HCPSS Early Childhood Programs, Howard County Library System, Howard County Autism Society, and the Howard County Family Child Care Association. The Office of Children and Families Parents as Teachers (PAT) program will be on hand to provide information on “**How to Choose an Early Childhood Program**”, as well connect families to the Maryland Child Care Scholarship Program.

Admission is free. [Registration](#) is highly recommended, especially in the event of inclement weather notifications. Masks are optional.

**Sunday, January 28, 10:00 a.m. to 1:00 p.m.**

**North Laurel Community Center | 9411 Whiskey Bottom Rd, Laurel, MD 20723**

### **Dad Survey**

**Journey to fatherhood, coming in March 2024**

This four-part series is designed to support Howard County fathers by developing healthy parenting habits, while networking and strengthening the bond between dads and their children from birth to age five. If you are interested in participating, [complete a survey](#) and be entered to win giveaways and prizes, including one paid week of summer camp!

