



Free Family Workshops & Parent Pages Newsletter

September 2026

[Read the Parent Pages Newsletter](#)

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, September 9, 7 p.m. Free virtual workshop

Screen Time Struggles:

Navigating Screen Time Challenges with Young Children

Feeling overwhelmed by the battle over screens at home? You're not alone — and you're in the right place. This warm, judgment-free session meets you where you are. We'll validate the real challenges families face, share insights from experts and provide practical tools to make meaningful shifts. Research shows that excessive screen time is already linked to attention difficulties, disrupted sleep and elevated stress in children even before the age of 5. This isn't a future problem — it's happening now. Come ready to connect, learn and leave with a personalized action plan your family can start using right away.

Monday, September 14, 7 p.m. Free virtual workshop

Play & Learn

Come play, explore and learn together! In this interactive session, children and caregivers will discover how everyday play builds important skills for learning and development—while meeting and connecting with other families. Explore hands-on activity stations inspired by The Basics—simple, science-backed ways to support your child's development. As children play, they'll practice skills like talking, counting, moving, exploring, and problem-solving. Learn easy, fun ideas to use at home to help you stay off screens and turn everyday moments into opportunities for learning and connection. For children ages 1–5 and their caregivers.

Wednesday, September 23, 10 - 11:30 a.m. Free N. Laurel Community Center

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

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



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

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**

Sibling Rivalry

Sibling conflict is a common part of family life, but frequent arguing, name-calling, and fighting can be challenging for parents to navigate. This workshop will explore why sibling rivalry occurs and provide practical strategies to reduce conflict, respond to challenging moments, and foster stronger, more positive sibling relationships over time.

Wednesday, September 30, 7 p.m. Free Virtual Workshop

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)

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! **Friday September 18, 11:15a.m. - 12:15p.m.**

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.](#)

