



Free Family Workshops & Parent Pages Newsletter

November 2025

[Read the Parent Pages Newsletter](#)

Building Parenting Plans to Create Calm During the Holidays

The holiday season often brings added pressure for co-parents, but a clear parenting plan can keep everyone on the same page. In this workshop, divorce and co-parenting mediator, coach, and attorney Allison McFadden will share practical strategies for creating parenting plans that cover day-to-day routines while also addressing creating clarity around the holidays to minimize conflict. Whether you're drafting a new plan or fine-tuning an existing one, you'll leave with tools to reduce stress, support your children, and stay focused on what matters most. **Monday, November 3, 7:00 p.m. Free Virtual workshop, register [here](#)**

Parent's Guide to Challenging Behaviors

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, November 12, 1:30 p.m. Free virtual workshop, register [here](#)**

Ask the Parent Educator

This open Q&A style workshop offers families the opportunity to connect directly with experienced PAT Parent Educators to discuss topics such as child development, positive discipline, building routines, managing stress, and fostering strong parent–child relationships. Whether you're seeking advice on everyday challenges or looking to strengthen your parenting toolkit, this opportunity provides a safe, judgment-free space to ask questions, share experiences, and learn from others. For caregivers of young children (prenatal to age 5). **Thursday, November 13, 7 p.m. Free virtual workshop, register [here](#)**

Helping Young Children Manage Anxiety

Everyday experiences such as facing new situations, anticipating changes and making friends can sometimes feel overwhelming for young children. Many parents notice the impact of these worries on both their child's well-being and family life. Learn to recognize signs of anxiety, identify what causes your child's worries and practice simple strategies to help them cope. Dawn Duignan, LCSW-C will share tips and answer your questions. For children ages 2 to 8. **Tuesday, November 18, 7 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 Engagement & 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: Structured, age-appropriate classes incorporate fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. Children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills while building confidence and self-esteem.

Littles 6 Month – 2.5-Year-olds class: Monday, November 10, 2 – 2:45 p.m. Register [here](#)

Pre-K Class 2.5 – 5-Year-olds class: Monday, November 24, 2 -2:45 p.m. Register [here](#)

Seedlings Nature Program: Play, explore, and connect at our fun-filled, nature-inspired workshop. Enjoy hands-on indoor and outdoor activity stations designed to spark curiosity and bring families together. We'll kick things off with a lively community circle featuring a playful song and fun questions for both kids and grown-ups, dive into a delightful nature-themed story, and wrap up with a sweet closing circle to help little ones wind down. It's a joyful time to laugh, learn, and grow together.

Thursday, November 6:

Session 1: 10:00 – 11 a.m. Register [here](#) OR

Session 2: 11:30 a.m. – 12:30 p.m. Register [here](#)

Beyond the Thermostat: Parents and caregivers with children prenatal to age five are invited to a fun, hands-on workshop all about home performance upgrades that save energy and money. Learn simple ways to make your home more comfortable and efficient while enjoying family activities, raffles, and giveaways. **Thursday, November 13, 9:30 – 10:15 a.m. Register [here](#)**

Thankful for Tasty Treats!

Get ready for some pre-holiday fun! Children will make their own healthy turkey-themed snack, enjoy a silly seasonal story, sing songs, and play with friends at the center. For children three to five.

Saturday, November 15:

Session 1: 9:30 to 10:30 a.m. Register [here](#) OR

Session 2: 11:15 a.m. to 12:15 p.m. Register [here](#)

Mealtime Struggles to Mealtime Success: From babies first bites of solid foods to troubleshooting challenging mealtimes with preschoolers- this training provides information on mealtime success. Learn ways to support getting baby ready for solids, how to handle picky toddlers and ways to troubleshoot challenges during mealtimes like throwing food, food refusal and more! Gain understanding about the nutritional needs and serving size of littles from birth through preschool to optimize growth and development!

Tuesday, November 18, 12:30 – 1:30 p.m. In person workshop, register [here](#)

Wednesday, November 12, 7-8 p.m. Virtual workshop, register [here](#)

Family Support Center Open House: Visit and play at the FSC! Snacks and light refreshments will be served. There will be interactive activities for children and families that include a face painter and activity stations. We will also have raffles for giveaway items. **Monday, November 17, 1 – 3 p.m. Register [here](#)**

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! **Thursday, November 20, 10 – 11 a.m. Register [here](#)**