



The Office of Children & Families presents the Grand Connections Series

Are you a grandparent providing care for a grandchild under five? Want to learn more about how to make the most of your time with your grandchild, connect with other grandparents and catch up on the latest info on raising little ones? Join the Office of Children & Families staff for a seven-week series and explore the unique bond between grandparents and their grandchildren.

Grandparents: The Cornerstone of Early Child Care

Discover the vital role grandparents play in shaping a child's early years. This workshop explores effective caregiving strategies, fosters stronger intergenerational bonds, and provides tools to support your grandchildren's growth and development with love and wisdom.

Saturday, February 1, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Free, Register [here](#)

Sharing the Care with Adult Children and Other Caregivers

Caring for a loved one is a team effort. This workshop provides practical strategies for collaborating with adult children and other caregivers to create a cohesive and supportive care plan. Learn how to communicate effectively, set boundaries, and ensure everyone's needs are met in a balanced and compassionate way.

Saturday, February 8, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, register [here](#)

Good Night, Sleep Tight

Sleep is essential for health and well-being, but achieving restful nights can be a challenge for caregivers and their loved ones. This workshop explores practical tips and proven techniques to improve sleep quality, manage sleep disruptions, and create a soothing bedtime routine for you and those in your care.

Saturday, February 22, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, register [here](#)

Making Sense of Screens

In today's digital world, managing screen time is more important than ever. This workshop dives into strategies for creating healthy boundaries around technology, understanding the effects of screen use on children's development, and fostering a balanced relationship with digital devices. Gain practical tips to help your family make informed, mindful choices about technology in everyday life.

Saturday, March 1, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room.

Free, register [here](#)

Making the Most of Mealtimes

Transform mealtimes into moments of connection and nourishment. This workshop offers tips for planning enjoyable, stress-free meals while fostering healthy eating habits and meaningful family interactions.

Saturday, March 8, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room.

Free, register [here](#)

Managing Challenging Behavior: Closing the Expectations Gap

Bridge the gap between expectations and reality with effective strategies for understanding and managing challenging behavior. This workshop provides tools to foster patience, improve communication, and create a more harmonious environment.

Saturday, March 15, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room.

Free, register [here](#)

Learning Through Play: Making the Most of Everyday Routines

Discover how to turn daily routines into fun, educational moments. This workshop explores playful strategies to support your child's learning and development in everyday activities.

Saturday, March 22, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room.

Free, register [here](#)