

## Free Family Workshops & Parent Pages Newsletter

May 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, May 6, 7:30 – 8:30 p.m. Free virtual workshop**  
OR

#### **Parent's Guide to Challenging Behaviors**

**2-part, 30-minute mini sessions. Free virtual workshop**  
**Wednesday May 6, & May 20, 12:30 p.m. to 1 p.m.**

#### **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. A mental health professional will share tips and answer your questions. For children ages 2 to 8.

**Tuesday, May 19, 7 p.m. Free virtual workshop**

#### **Sensory Play for Infants and Toddlers**

Discover the power of sensory play for your infant or toddler! Learn how simple, hands-on activities can support your child's growth and development. We'll explore easy, low-cost ideas you can use at home to help your child learn through their senses—touching, seeing, hearing, and more. Sensory play can support language development, thinking skills, and emotional regulation, all while having fun together. You'll leave with simple, practical ideas to create a sensory-rich environment at home that supports your child from birth to age 3. **Wednesday, May 20, 8 p.m. Free virtual workshop**

To request this information in an alternate format, or accommodations to participate in these workshops, email [children@howardcountymd.gov](mailto: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

**Family Programming**  
Click on the Family Engagement

### **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, contact Lisa Rhodes at [lrhodes@howardcountymd.gov](mailto:lrhodes@howardcountymd.gov) or 410-313-1440(voice/relay)

**Navigating Your Child's Mental Health Journey** Whether it is knowing the best ways to support your child's social emotional health or having concerns about your child's behaviors, knowing where to go for answers can be a challenge for parents and/or caregivers. Those first steps of navigating mental health supports can feel like an overwhelming task. Learn from both the Howard County Local Children's Board and the Howard County Bureau of Behavioral Health about the stages of mental health and the local resources and supports that will guide your understanding, provide you with choices, and help you learn the steps to start helping your child. You will have the opportunity to leave with tangible tools for education and intervention as well as where to go for assistance if you hit roadblocks to services.

**Thursday, May 21, 1 p.m. Free virtual workshop**

**Enhancing Rituals and Routines** Explore why daily rituals and routines matter and how they support your child's growth, development, and sense of security. We'll share practical ideas for strengthening connections, easing transitions, enriching family moments, and adapting routines to meet each child's needs. Even when summer schedules shift with vacations and longer days, keeping consistent daily anchors helps children feel secure and confident. Discover how everyday moments—mealtime, bedtime, and playtime—can become meaningful learning opportunities. For families of children birth to five.

**Thursday, May 21, 7 p.m. Free virtual workshop**

**Positive Strategies for Managing Frustration** Parenting can be incredibly rewarding, but it also brings stressful moments—especially when children test limits or have big emotions. It's natural to feel overwhelmed at times. Learn practical strategies to manage frustration, stay calm in challenging situations, and respond in ways that support both you and your child. Come with your questions and leave with tools, skills, and resources to help you feel more confident and in control during tough parenting moments. **Tuesday, May 26, 12:30 p.m. Virtual workshop**

### **Eat, Learn , Grow - Social Emotional**

Explore social emotional development, developmental milestones as well as the skills children need to manage emotions and build relationships with others. We will explore children's literature and simple extension activities that promote problem solving, conflict resolution, managing stress, and overall social emotional development at home. **Wednesday May 27, 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.

Thursday, June 4, 12:30 p.m. Free virtual workshop

Drop-in Play Groups: 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! For families with children ages 5 and under.

**Friday, May 8, 10 – 11 a.m. Drop-in Play Group**

**Friday, May 22, 10 – 11 a.m. Drop-in Play Group**