



Free Family Workshops & Parent Pages Newsletter

June 2026

Read the Parent Pages Newsletter

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.

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

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.

Monday, June 8, 7:30 p.m. Free virtual workshop

Raising Resilient Kids: Strengthening Children's Coping Skills

Build your child's emotional resilience through everyday experiences and develop strong coping skills. Learn strategies to support your child as they navigate transitions and manage overwhelming emotions like worry, disappointment, failure, and sadness. Discover how to help your child prepare for challenges, regulate their feelings and bounce back with confidence and strength.

2-part workshop: Attend one or both. Free virtual workshop

1 – 1:45 p.m. | Part 1 – Resiliency: Tuesday, June 9 | Part 2 – Coping Skills: Tuesday, June 16

To request this information in an alternate format, or accommodations to participate in these workshops, 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, contact Lisa Rhodes at lrhodes@howardcountymd.gov

[Exploring Nature Through Play](#)

Join us for an engaging workshop exploring the benefits of nature-based outdoor play for preschool children. Discover practical ideas that encourage curiosity, creativity, confidence, and healthy development while fostering a lifelong connection to nature.

Wednesday, June 17, 7 p.m. Free virtual workshop

[Drop-in Play Group at Family Support Center](#)

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. **Thursday, June 25, 10 – 11a.m.**

The Basics Howard County

Research shows that 90% of brain development happens before age five, making the early years especially important for learning, relationships, and emotional growth. The Basics provides five simple, science-based parenting and caregiving principles that help support children's social-emotional and cognitive development from birth to age five. Families in Howard County can [sign up](#) for free Basics Insights text messages to receive weekly tips and activities tailored to their child's age and developmental stage. Messages are available in English and Spanish and offer easy ways to support learning, connection, and growth in everyday moments. [Learn more about The Basics Howard County.](#)



Howard County Parent Pages

[Parent Pages](#) is a newsletter published by the Howard County Office of Children and Families for parents, caregivers and agencies working with families. Each monthly issue features information to help parents and caregivers learn how to promote positive parenting for children's development. It highlights workshops, local resources, events, parenting information, and agency programs targeted to help families grow and thrive in Howard County. Scan the QR code below to subscribe to the Parent Pages.

