

Free Family Workshops & Parent Pages Newsletter

April 2026

[Read the Parent Pages Newsletter](#)

Sleep Solutions for Toddlers and Preschoolers

Do you feel like you are constantly negotiating with your little one who is battling naps & bedtime? Join Madison Fugere, a certified postpartum doula and pediatric sleep consultant, for an engaging workshop focused on sleep education for children 15 months and older. Explore safe sleep tips focusing on childproofing your little one's space, learn how to navigate toddler sleep transitions, and gain insight into creating a personalized plan tailored to your child's needs and your parenting style. Bust common sleep training myths, share actionable strategies and answer your questions to help you and your family get the rest you deserve. **Thursday, April 9, 7 p.m. Free Virtual Workshop, register [here](#)**

Welcome to Parenthood: Connecting to Howard County Resources

Becoming a parent is a big transition, and knowing what support is available can make all the difference. Explore the services and resources available in Howard County, learn where to find trusted information, and discover how to access local support systems that can help you feel more confident and supported. Gather with other new parents, build connections and leave with free resources and special giveaways to support you along the way. Let's make the most of your parenting journey—together. For expectant parents and families with infants. **Saturday, April 18, 10 – 11:30 a.m. East Columbia 50+ Center, register [here](#)**

Setting the Foundation for Better Sleep, Newborn to 15

Months Join Madison Fugere, certified postpartum doula and pediatric sleep consultant, for this interactive sleep education workshop designed for parents of newborns to 15-month-olds. Discover the essentials of safe sleep practices, myth bust common misconceptions about sleep training and learn about the role of a sleep consultant in creating personalized sleep plans. Learn practical tips to address common sleep challenges, answer your questions, and share strategies to help your little one develop healthy sleep habits from the start. **Tuesday, April 21, 1 p.m., Free virtual Workshop, register [here](#)**

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

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 or 410-313-1440(voice/relay)

Beyond The Thermostat: Save Money on your BGE Bill

Hands-on workshop about home performance upgrades that save energy and money. Learn simple ways to make your home more comfortable and efficient while enjoying raffles and giveaways. Questions? Contact Ovan Shortt oshortt@howardcountymd.gov 410-313-1453

Thursday, April 16, North Laurel 50+ Center, 11:00 a.m. – Noon. Free register [here](#)

Eat, Learn, Grow for Families – STEM

Focus on Early Learning Literacy and Science, Technology, Engineering, and Math (STEM). Young children have natural curiosity about the world around them and through STEM exploration, children begin to wonder, explore, and investigate their environment. Gain skills and knowledge to explore STEM topics at home with your children. This workshop will highlight STEM-focused children's literature and explore ways to incorporate creative and fun STEM activities into everyday life.

Monday, April 27, 7 p.m. Free virtual workshop, register [here](#)

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.

Wednesday, April 29, 7 p.m. Free virtual workshop, register [here](#)

Effective Parenting Plans: Co-Parenting Across Two Households and Into Summer

Creating a successful parenting plan is crucial for fostering a harmonious and supportive environment for children, especially when parenting across two households. We'll focus on some of the unique challenges that families face leading up to the summer break, which brings a shift in routine - a welcome relief to children but a source of logistical stress for parents. In this workshop we'll review the key elements of building a comprehensive parenting plan, focusing on the practical steps and strategies to schedule changes, address travel logistics, vacation time, and daily routines. needed to ensure a smooth and collaborative co-parenting experience. **Thursday, April 30, 7 p.m. Free virtual workshop, register [here](#)**

Children's Discovery Fair: Little Learners, Big Discoveries

Saturday, April 11, 10 a.m. - 1 p.m. / Free, [Register here](#)

East Columbia 50+ Center / 6610 Cradlerock Way, Columbia

Explore the wonders of learning while engaging in hands-on, STEAM experiences—science, technology, engineering, art, and math—through interactive activities, games, stories, and movement. Free dental screenings will also be available on site. Sponsored by the Howard County Early Childhood Advisory Council, this Launch into Learning event is for children ages three to five with an adult. For more information, email children@howardcountymd.gov.