



GRAND CONNECTION SERIES

 **Howard County**
Office of Children and Families

Make the most of your time with your grandchild!

Join the Office of Children & Families for a free 7-week series to connect with other grandparents, share tips, and explore the unique bond between grandparents and their grandchildren.

**SESSIONS ARE HELD
SATURDAYS, 10–11:30 A.M.,
AT ELKRIDGE 50+ CENTER,
6540 WASHINGTON BLVD,
ELKRIDGE, MD 21075.**

Grandparents The Cornerstone of Early Childcare

February 1

Discover the vital role grandparents play in a child's early years. Learn practical caregiving strategies, create meaningful connections, and support your grandchild's development with confidence

Sharing the Care with Adult Children and Other Caregivers

February 8

Caring for a loved one is a team effort. Gain practical strategies for effective communication, setting boundaries, and building a supportive care plan with your family.

Good Night, Sleep Tight

February 22

Explore tips and techniques for improving sleep quality and creating a soothing bedtime routine for you and your grandchild.

Making Sense of Screens

March 1

Learn to create healthy boundaries around technology and foster mindful screen use to support your grandchild's development.

Making the Most of Mealtimes

March 8

Transform meals into moments of connection. Discover tips for stress-free planning, fostering healthy habits, and strengthening family

Managing Challenging Behavior: Closing the Expectations Gap

March 15

Gain tools to bridge the gap between expectations and reality, fostering patience, better communication, and harmony at home.

Learning Through Play: Making the Most of Everyday Routines

March 22

Turn daily routines into fun, educational opportunities with playful strategies that support learning and development.

REGISTER NOW

https://bit.ly/HOCO_GRAND-CONNECTIONS



If you need this document in an alternative format, call 410-313-6400 (voice/relay).

Should you need accommodations to participate, contact us at least one week in advance.