



# GRAND CONNECTION SERIES



## 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](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.**