



Free Family Workshops & Parent Pages Newsletter

January 2025

[Read the Parent Pages Newsletter](#)

Managing Your Family's Schedules and Stress Levels

Start the new year off with a fresh start. Gain strategies and resources to manage your family's activities and responsibilities and prioritize, organize, and reshape your family's routine. Walk away feeling empowered to start the new year in control.

Thursday, January 9, 12:30 p.m. Free virtual workshop.

Register [here](#)

Understanding Early Intervention Services and Child Development

Concerned about your child's development? Research shows 68% of 3rd graders who received early intervention no longer need special education. Learn how to request developmental testing through the Infants and Toddlers and Child Find Programs. Discover the significant benefits of early intervention and other valuable community resources to support your child's growth. Information for children ages birth to five.

Monday, January 13, 6:00 p.m. Free virtual workshop.

Register [here](#)

Selecting High Quality Child Care

Selecting child care can feel overwhelming for parents. Everyone wants to find care that meets their needs: a safe and healthy environment, a place where their child enjoys attending, convenient hours and location, and a program that is affordable. Learn how to choose the right child care program for your family and how to apply for the Child Care Scholarship to help with tuition.

Tuesday, January 14, 7:00 p.m. Free Virtual Workshop.

Register [here](#) &

Wednesday, January 22, 1:00 p.m. Free Virtual Workshop.

Register [here](#)

Howard County Office of Children and Families

www.howardcountymd.gov/family-institute



To visit our website and register, scan the QR code

Family Workshops

Click on the Family Institute

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, email Lisa Rhodes at lrhodes@howardcountymd.gov

Effective Parenting Plans: Co-Parenting Across Two Households

Creating a successful parenting plan is crucial for fostering a harmonious and supportive environment for children, especially when parenting across two households. Learn key elements of building a comprehensive parenting plan, focusing on the practical steps and strategies needed to ensure a smooth and collaborative co-parenting experience.

Monday, January 27, 7:00 p.m. Free virtual workshop. Register [here](#)

From The Womb To The Classroom: Kindergarten Readiness

It is never too early to lay the foundation for learning. Discover how early parent-child experiences shape your child's development for their success in kindergarten and beyond.

Thursday, January 30, 7:00 p.m. Free virtual workshop, Register [here](#)

Grand Connections series

Introducing the Grand Connections series: Are you a grandparent providing care for a grandchild under five? Want to learn more about how to make the most of your time with your grandchild, connect with other grandparents and catch up on the latest info on raising little ones? Join the Office of Children & Families staff and explore the unique bond between grandparents and their grandchildren! Saturdays starting in February at Elkridge 50+ Center. Workshops cover current caregiving strategies, partnering with parents, bedtime strategies, screentime, mealtimes, behaviors, and routines.

Grandparents: The Cornerstone of Early Child Care

Discover the vital role grandparents play in shaping a child's early years. This workshop explores effective caregiving strategies, fosters stronger intergenerational bonds, and provides tools to support your grandchildren's growth and development with love and wisdom.

Saturday, February 1, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Free, Register [here](#)

Sharing the Care with Adult Children and Other Caregivers

Caring for a loved one is a team effort. This workshop provides practical strategies for collaborating with adult children and other caregivers to create a cohesive and supportive care plan. Learn how to communicate effectively, set boundaries, and ensure everyone's needs are met in a balanced and compassionate way.

Saturday, February 8, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, register [here](#)

Good Night, Sleep Tight

Sleep is essential for health and well-being, but achieving restful nights can be a challenge for caregivers and their loved ones. This workshop explores practical tips and proven techniques to improve sleep quality, manage sleep disruptions, and create a soothing bedtime routine for you and those in your care.

Saturday, February 22, 10:00 to 11:30 a.m. Elkridge 50+ Center, Patapsco Valley Room. Free, register [here](#)

The Basics Howard County | The Basics Insights text messaging

Research shows that 90% of brain growth happens by age five. The Basics provide five simple things parents can do to make the most of these early years. Parents in Howard County can receive free tips directly to their phone to support their child by [signing up](#) for Basics Insights. These weekly text messages provide suggestions based on your child's developmental stage, from birth to age five (available in English or Spanish). [Learn more.](#)

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).