

Family First

A workshop series to help improve parenting skills and raise children with confidence and care



Join the Howard County Family Institute for a special series designed for parents and guardians raising children from birth to age eight. Learn about child development, how to encourage self-esteem and good behavior, positive guidance and discipline, and how to keep children safe and healthy. Each class, offered in an interactive group format, will include practical tips and advice for handling common situations, as well as hands-on activities. Participants who complete all five classes can receive a Certificate of Completion upon request.

When: Saturdays, Fall 2018 (see back side for dates)

Location: Howard County Office of Children and Families
9830 Patuxent Woods Dr., Columbia 21046

Cost: \$8 per class (\$35 for complete five-part series)

Who Should Attend: Any parent, grandparent or caregiver who wants to improve their parenting skills and learn hands on ideas for raising a healthy, happy child ages birth to eight.

Registration Options Online www.howardcountymd.gov/familyinstitute

By Phone (voice/relay): 410-313-1940

Mail in Registration form (on back)

Child Care is not provided

Be a Brain Builder: Know as They Grow (Saturday, October 27 • 9:00 – 10:30 a.m.)

Scientists have made discoveries about how a child's earliest experiences affect the way the brain is organized. By knowing what to expect as a child passes through typical stages, you are better able to respond to new behaviors and expand their learning experiences to build a strong foundation. Explore the ages and stages of child development in several areas such as cognitive, social-emotional, motor and language. Learn about the latest brain research, why early experiences matter and how your interaction with your child during their early years can have an impact on their learning abilities in the future.

Keeping Kids Healthy and Happy (Saturday, October 27 • 10:45 a.m. – 12:15 p.m.)

Learn how to choose healthy snacks, meals and beverages for children. Discuss common eating concerns such as picky eaters or refusal to eat. Explore nutrition labels and healthy eating on a budget. Learn more about the importance of exercise and how you can keep children active in a variety of fun and easy ways.

Keeping Kids Safe (Saturday, October 27 • 12:45 – 2:15 p.m.)

Discuss safety-proofing your home for different ages; who to contact in an emergency, car seat safety, and tips on how to protect your child from abuse. Learn ways to cope with your own stress and how to teach children relaxation techniques and stress relief.

Discipline and Communication (Saturday, November 3 • 9:00 a.m. – 12:00 p.m.)

Set the stage for better behavior. Become familiar with temperament types and learn how to use this information to individualize your interactions with your child. Learn how to proactively prevent misbehavior by preparing your home and routine to encourage success. Discuss ways to effectively communicate with your child and the importance of structure, consistency and self-esteem to help build a growth mind set.

Then move on to learn how to teach children self-control and problem-solving techniques that they can use in the moment of behavior problems. Establish rules and logical consequences for misbehavior that are developmentally appropriate. Discuss behavior charts and a variety of other options to encourage behaviors that you want to see. Leave with practical strategies and tools to implement immediately!

Registration for Family First Workshops

Name _____ Address _____

Phone _____ E-mail _____

Date of Birth _____

Pre-Registration is required I am registering for the following Family First workshops:

___ Be a Brain Builder: Know As They Grow (\$8) ___ Keeping Kids Safe (\$8)
___ Keeping Kids Healthy (\$8) ___ Discipline & Communication (\$16)

Credit Card _____ ccvc _____

\$8/ or \$16 per workshop or \$35 for all 5. Total enclosed: _____

Make checks payable to **Director of Finance**.
Mail this registration form and your payment to:
Howard County Office of Children and Families
9830 Patuxent Woods Dr.
Columbia, MD 21046

