



Free Virtual Family Workshops & Parent Pages Newsletter

May 2023

Celebrate Children's Mental Health Matters Month

Navigating Your Child's Mental Health Journey

Presenters Candace Ball from Howard County Local Children's Board & Kala Jenkins, Howard County Health Department
Whether it is knowing the best ways to support your child's social emotional health, having concerns about your child's behaviors, or feeling like something is seriously wrong, knowing where to go for answers is a top issue for parents. Those first steps of navigating mental health supports are a challenging and daunting task. Come to this presentation to learn about the stages of mental health and the local resources and supports that will guide your understanding, provide you with choices, and help you learn the steps to start helping your child. Leave with tangible tools for education and intervention as well as where to go for assistance if you hit roadblocks to services.

Monday, May 8, 7:00 to 8:00 p.m. Free Virtual Workshop.

[Register here](#)

Helping Children Be Proud of Who They Are!

Gender identity is a complicated topic that is often misunderstood and confusing to many people. Join us for an informative workshop that will help you understand gender identity development from infancy to five years old. You will learn tips to support healthy development, how to apply a gender-neutral approach to daily life, and how to look for the teachable moments.

Tuesday, May 9, 7:00 to 8:00 p.m. Free Virtual Workshop. [Register here](#)

Developing your Child's Emotional Intelligence

A critical skill for children to learn and a top skill kindergarten teachers look for in students is emotional intelligence. Children who have developed emotional intelligence can be seen as those with good listening skills, accept criticism and responsibility, solve problems, move on after making a mistake, and have empathy for others. Attend this workshop to learn successful practices and the tools you need to support your child's social-emotional development in the early years. Explore the meaning of emotional literacy and learn practical strategies to teach children how to recognize and label emotions as well as appropriate ways to manage those big emotions.

Wednesday, May 17, 7:00 to 8:00 p.m. Free Virtual Workshop. [Register here](#)

Howard County Office of Children and Families

www.howardcountymd.gov/family-institute



To view and register, visit the website (use QR code)

Family Workshops

Click on the Family Institute

Newsletter

Click on Parent Pages

For assistance with registering, call 410-313-5992 (voice/ relay) or email children@howardcountymd.gov



Discussing Your Child's Mental Health with Your Primary Care Provider

Presenter: Dr Jessica Winkles

We discuss the importance of mental health for everyone, yet rarely do we treat behavioral health like physical health. If your child is ill, you contact your primary care provider (PCP) for a sick visit. But what if you notice ongoing changes in your child's emotional well-being or behaviors? All children can go through periods of anger, anxiety, frustration, and sadness but what is a concerning level? Attend this session to

- See examples of typical vs. concerning behaviors and understand why the PCP can be a great place to start when questions arise
- Become familiar with some of the most common behavior concerns seen by pediatric PCPs
- Understand what may happen after raising a concern with a PCP, including what to expect if you see a behavioral health provider
- Become aware of methods for making the most of your visit to your child's PCP

Thursday, May 18 7:00 to 8:00 p.m. Free Virtual Workshop. Register [here](#)

Eat, Learn, Grow for Families – STEM

Focus on Early Learning Literacy and Science, Technology, Engineering, and Math (STEM). Young children have a 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.

Wednesday, May 24, 7:00 to 8:00 p.m. Free Virtual Workshop. [Register here](#)

Nothing I Do Works: A Parent's Guide to Challenging Behaviors

The Pyramid Model is a comprehensive, research-based approach that considers all the factors that impact a child, family and influence a child's behavior. Learn how to help decrease negative behaviors from happening and/ or what to do when they do occur. Attend this session and ask questions and leave with skills and resources that you can use immediately to help you feel more confident in your parenting. For children ages two to eight.

Wednesday, May 31, 6:30 to 8:00 p.m. /9830 Patuxent Woods Dr, Columbia 21046/ Free [Register here](#)