

Howard County Office of Children's Services Offers Parenting Workshops for Families of School Aged Children

The Family Institute will present workshops for parents and guardians raising children and adolescents. February workshops are geared toward how to help children with the middle of the year slumps. Work gets harder, report cards reveal frustrations and it takes a careful eye to reflect on what skills need to be put in place. Parents need to look at their child as a whole person and consider what else they can do to help their child succeed.

[The Challenges of Parenting an Adolescent](#)

The transition into adolescence can pose challenges as the area of the teen brain governing judgment, emotional regulation, impulse control and self awareness is in a constant state of development. This change can be very frustrating for parents as the rules of the relationship with their growing children keep shifting and expectations need adjustment. Learn why teens do what they do, as well as how to channel their impulses into safer and saner activities.

**Tuesday, February 17, 6:30pm-8:30pm at 3300 N Ridge Rd #360 Ellicott City MD 21043.
Cost : \$8**

[Raising Kids for Success](#)

A child's or teen's "I Can Quotient" is a more important indicator of being able to thrive in life than the traditional IQ. Learn strategies to increase your child's sense of feeling capable, competent, connected and courageous while at the same time fostering responsibility, and the problem solving and cooperative people skills needed for success in school now and into adulthood later.

Monday, February 23, 6:30pm-8:30pm at North Laurel Community Center 9411 Whiskey Bottom Rd, Laurel, MD 20723. Cost: \$8

[Friendship Skills for School and Life Success](#)

Teachers will tell you that social skills are right up there with learning to read and write. With busy schedules and easily accessed technology, children are struggling with this skill. Parents

can have a strong impact on their children's social/emotional development to help their children learn positive interpersonal skills that breed both success in developing friendships and the "side effect" of stronger academic skills. Learn ways to intentionally impart this critical school and life skill.

Tuesday Feb. 24th, 6:30-8:30pm at 3300 N Ridge Rd #360 Ellicott City MD 21043. Cost: \$8

For more information please email children@howardcountymd.gov or call [410-313-1440](tel:410-313-1440).

If you are interested in seeing all workshops available in the New Year's Resolutions Series, please visit: www.howardcountymd.gov/familyinstitute