

PARENT PAGES



Kids don't come with directions!

Winter 2014
Volume 4
Issue 1

On October 25, 2013, Howard County Executive Ken Ulman launched Stand Up HoCo, Howard County's community-based campaign to prevent bullying. First, a little about the name of this initiative. In the spring, when plans for the program were announced, the community was asked to come up with a name for the initiative. Dozens of names were submitted online. The best ones were put up on Facebook for a vote; Stand Up HoCo was the winner!



We know that bullying is happening, and in preparation for the launch of this program, a survey was conducted in September to find out what the community thinks and feels about bullying. More than 300 kids took the online survey. **Two-thirds of those kids reported having been bullied.** Half of those who have been bullied were bullied within the past 30 days. **The majority of kids – over 80% – have witnessed another kid being bullied.** Half of those who have witnessed it reported seeing it happen frequently – two to three times a month or more. Unfortunately, kids are not necessarily talking to the adults in their lives about it or intervening to stop it. **Only 30 percent of kids who reported being bullied talked with their parents about it.** Just a quarter of those who witnessed bullying taking place actually told their parents about it.

One of the primary goals of the initiative is to redefine bullying as an issue that requires a community response. Schools should not be expected to tackle this problem on their own; everyone needs to be part of the solution. It's important that adults and kids know about the effects of bullying and what to do when it occurs. In response to this goal, a social marketing campaign is underway to educate the community about bullying and reshape social norms around what is acceptable and unacceptable behavior. To provide additional support, a compendium of useful educational resources will be built so the best available resources on bullying prevention are accessible to the community. After the first of the year, evidence-based trainings will be held for parents and professionals who interact with youth on a daily basis (e.g. teachers, coaches, and library or recreation center staff).

Another goal of Stand Up HoCo is to reduce existing barriers to reporting bullying for kids, parents and bystanders such as school staff or coaches, which leads us to Sprigeo! Sprigeo is an online and mobile reporting system that provides a safe and secure place to report bullying anytime, anywhere. It was initially designed for use in schools and currently operates in more than 500 schools across 25 states. Howard County's use of Sprigeo marks the first community-based use of a bullying reporting system.

Organizations across the country currently using Sprigeo have found it to be powerful resource in their overall efforts to keep all children safe. Kids, parents and even staff feel much more comfortable knowing they can safely and securely report a bullying incident. More importantly, once "bullies" know they cannot go unnoticed, or that any one – kid, parent or staff – can report them at any time, they are much less likely to engage in bullying behaviors. To report incidents of bullying that have happened to you or that you ensure that have witnessed go to <http://hoco.sprigeo.com>. For more information about Stand Up HoCo and to learn more about how you can Stand Up to Bullying check out our Facebook page - <https://www.facebook.com/StandUpHoCo>. (Continued on page 3.)

What's Inside?

- Social Stories for Learning
- Taking the Next Step: Transitioning After High School
- A Healthy Breakfast to Start Your Day
- A Little Bit More: The Spirited Child
- Celebrating Successes
- 2014 Children's Discovery Fair
- Agency Spotlight with the Kennedy Krieger Institute
- Children on Board: Child Care and Preschool Fair
- Community Announcements
- HC is DrugFree!
- Community Calendar

Find us Online and on Facebook...

The Howard County Department of Citizen Services website (www.howardcountymd.gov/children) and Facebook page (www.Facebook.com/HoCoCitizen) features updates on training classes, info on upcoming events, and reminders about parent workshops offered through the Office of Children's Services. To receive Parents Pages quarterly by email, email children@howardcountymd.gov, with 'Subscribe' in the subject box.

The CARE Center Corner

Social Stories for Learning

Sometimes children have difficulties doing things from day to day. They might have a meltdown in frustration, they might run away from their parents or caregivers or just not do what they are supposed to. In times like these, parents struggle knowing what to do when repeatedly *telling* them what to do results in no change in behavior.

A different approach to talking is using a social story. Just as you would read a how-to manual to learn something new or reference a map to know where to go, a social story can teach a child what they need to do.

Use names and pictures of your child or their favorite characters or interests so they can relate to the story.



To start your own social story, decide what skill you want to teach your child and create a story about the behaviors that you want him or her to have. Describe what the setting is, what they should do sequentially and how those around them will behave. End the story with what the desired outcome will look like. If you need to point out a negative behavior that you do not want to see, keep that page brief so that they quickly return to the behaviors that you do want to see.

Once you have determined what the actions of the story will be, find pictures to personalize it. Use names and pictures of your child or pictures of their favorite characters and interests and relate them to the story so that it shows what you want them to do.

Visual representation builds understanding and helps a child to see themselves doing the action.

Once done, complete the story into a book form. You can print the pictures on a printer, tape pictures onto paper or keep it on the computer where your child can read it from an electronic device. Whichever way you choose, you want to have it accessible so your child can look at it again and again.

Set a quiet time to introduce and review the skills in your book. You can take it a step further by acting out the story with puppets or role playing the situation. Do this multiple times until your child understands and internalizes the appropriate actions that should be taken. This can be a fun way for your child to learn and master skills in their social world.

To learn more about how to use social stories with your child, visit http://www.naeyc.org/files/tyc/file/TYC_V4N1_BriodyMcGarry.pdf.



Parent Pages is published quarterly by the Office of Children's Services.

3300 N. Ridge Rd, Ste. 380
Ellicott City, MD 21043

410-313-1940 (voice/relay)
410-313-1430 (fax)

Contact us by email:
children@howardcountymd.gov

Visit our website:
www.howardcountymd.gov/children

Receive Parents Pages by email:
children@howardcountymd.gov, with 'Subscribe' in the subject box.

Please feel free to copy and share this publication with others. Also available in alternative formats upon request.



The CARE Center

Child and Adolescent RESources
for Howard County Families

- Behavior Issues
- Finding Child Care
- Child Care Assistance
- County Resources
- Special Needs
- Parenting Classes
- Health Care
- Mental Health Concerns
- Grandparents Support
- Financial Assistance
- Support Groups
- Adolescent Concerns
- School Age Programs
- Camps

410-313-CARE (2273)

children@howardcountymd.gov
www.howardcountymd.gov/children

This free service is provided by the Howard County Office of Children's Services, with the support of Howard County Department of Citizen Services, the Howard County Local Children's Board, Maryland State Department of Education, Howard County Mental Health Authority and the Governor's Office for Children.

Taking the Next Step Transitioning After High School

Mid-term exams, check. Buying my prom outfit, check. Deciding what to do with the rest of my life, umm... help! Lending your adolescent a helping hand in their future decisions is important. Where your child goes after high school is a process; planning is extremely important for both parents and adolescents whether planning for college, work, and/or independent living. The process can be quite challenging for all young people making the transition to adulthood. Life after high school requires careful planning. No matter what path your child plans to pursue after high school, concentrating on specific types of transitioning ensures your child will do well with life's daily challenges. Parents and guardians can help set the foundation for a successful transition.

Three key components include:

- Encouraging your child to participate
- Helping your child become increasingly independent in transition tasks
- Keeping a balance of high expectations, openness and flexibility about your child's goals

One way to help your adolescent is to have them devise a "Life Map" as a way to set goals and think about ways they can achieve goals. First, one must identify the goal by looking at their own talents and skills. Next, follow steps to reach the

goal. It is critical to seek out individuals who can help them reach this goal

along with accessing resources such as websites and libraries. A "Life Map" is a great tool to help an adolescent see the big picture by allowing them to get involved in the process of developing their future goals and learning what their skills are at this point in their life to make the transition easier. In addition, students who involve themselves in leadership activities and volunteering often obtain employment opportunities after graduation from high school and/or college. Parents who play an active role in overseeing their child's transition needs, understanding their child's interests, strengths and challenging areas play a key role in helping to insure a successful transition. Working on it together, with support and encouragement from their parents, helps adolescents take charge of their lives and adapt themselves as necessary in order to move ahead.

For more information, please visit these helpful sites:

<http://www.ownyourfuture.com/future-finder/>
<http://www.cmhsrp.uic.edu/download/sdlifeplan.pdf>



(Stand Up HoCo, continued from page 1)

Here is a general overview of how the reporting system works:

First, go to <http://hoco.sprigeo.com>. You will be asked to answer a short series of questions such as:

What is the name of the location when the incident occurred? —

Select the location from a drop down menu of more than 250 Howard County specific locations such as a library or park.

Where exactly did the incident occur? — Select where it happened such as on the bus or on the playing field. You can also choose "in an email" or "on Facebook" or "on Twitter" or "other".

When did it happen? — Select the date and time of the incident.

Describe what happened. — Use the free text box to enter in as much detail about the incident as possible.

Who are you? — Select what group you belong to: youth, teacher, parent/guardian, coach, or other.

If you would like someone to contact you about the incident, there is a space where you can leave your name and phone number. You do not need to give your name in order to submit a report.



A Healthy Breakfast to Start Your Day

By Jessica Bell, Healthy Howard

Some people believe that they (and their children) can skip breakfast in the morning without any serious consequences. However, this assumption has been proven incorrect by many nutritional experts that say that breakfast is the fuel for your body to recharge after a good night's rest. Breakfast is the break from the fast (your eight to ten hours of sleeping). Children who eat breakfast are more likely to make healthier choices, participate in physical activities, and perform higher in the classroom. Skipping breakfast may cause children to feel tired, irritable and become distracted while learning. It is important for children to eat breakfast in order to focus and do well in school. If children are not hungry first thing in the morning, be sure to pack a breakfast that they can eat a little later on the bus or between classes. A well balanced breakfast should consist of a protein, whole grain, dairy product, fruit and vegetable. It may be difficult to achieve this every morning but having a plan could help with serving a healthy breakfast there are many ways to achieve this without causing much strain to your pocketbook or your time schedule.

Healthy Breakfast Ideas:

(Courtesy of KidsHealth.org)

- ◆ Whole-grain cereal topped with fruit and low-fat yogurt
- ◆ Whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- ◆ Whole-wheat pita stuffed with sliced hard-cooked eggs
- ◆ Peanut butter on a whole-grain bagel with fresh fruit (banana or apple wedges) and low-fat milk
- ◆ Breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
- ◆ Vegetable omelet with whole-wheat toast and orange juice
- ◆ Bran muffin and yogurt with berries
- ◆ Hummus on whole-wheat pita and milk
- ◆ Lean turkey on a toasted English muffin and vegetable juice
- ◆ Heated leftover rice with chopped apples, nuts, and cinnamon, plus 100% fruit juice



- ◆ Low-fat cream cheese and fresh fruit, such as sliced strawberries, on whole-grain bread or a whole-grain bagel
- ◆ Hot cereal topped with cinnamon, nutmeg, allspice, or cloves
- ◆ Shredded cheese on a whole-wheat tortilla; fold in half, microwave for 20 seconds and top with salsa

So remember, if you or your children regularly skip breakfast in the interest of saving time, calories, or getting a few more minutes of sleep, you may be losing more than you gain. By recharging your brain and your body with a nutritious meal, you will be more efficient and energized in just about everything you do.

Critical Information, WHEN and WHERE you need it!



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A Little Bit More . . . The Spirited Child

Is your child one who is “more” of everything? More sensitive, more energetic, more intense, more curious, more adventurous, more powerful, more persistent, more emphatic, and more unyielding to change than other children? If you answered “yes,” then you may have a “spirited child.”

Mary Sheedy Kurcinka, author of the popular books “Raising Your Spirited Child” and “Kids, Parents, and Power Struggles: Winning for a Lifetime,” coined the term “spirited child” to describe children with these characteristics. Spirited children are normal children, but demonstrate just a bit “more” of everything.

The spirited child possesses traits that are highly valued in adults yet they can be regarded as challenging and frustrating in children. Parents want to “tame” the child without breaking his or her spirit. Here are some strategies that would help to channel the spirited child:

- Understand your child’s - and your own - temperamental traits.
- Research shows that spirited kids are wired to be more temperamental.
- Be clear and consistent. Spirited children need the security and consistency of clear rules. So it is important to set limits.
- Have your child participate in making choices. Prevent power struggles by giving choices, not orders.
- Teach your child self-soothing techniques as well as anger management.
- Acknowledge feelings. Talk to your spirited child about what he or she is feeling and help him or her recognize and label these feelings.
- Develop routines. Establish family rules and guidelines for behavior.
- Build a support system. Rely on friends and relatives, parent educators, mental health professionals, and spiritual leaders.
- Take care of yourself. Your child will benefit when you are revitalized, and so will you.

Looking for a great read to help with your spirited child? These books focus on helping parents understand what’s driving the spirited child’s behavior and how to work with their children to create a nurturing, positive, and healthy relationship:



- “Raising Your Spirited Child” by Mary Sheedy Kurcinka
- “The Difficult Child” by Stanley Turecki, M.D.
- “Living With the Active, Alert Child” by Linda S. Budd
- “Parenting the Fussy Baby and High-Need Child” by Dr. William and Martha Sears



Parents as Teachers™
Affiliate

The Howard County Parents as Teachers (PAT) program supports a parent’s role in promoting school readiness and healthy development. PAT is a voluntary home visiting program for Howard County residents. For more information, visit www.howardcountymd.gov/children.

Families participating in PAT receive monthly home visits, regular opportunities to engage in resource networking, group meetings, and individualized, developmentally appropriate screenings.

Through regular group meetings and learning parties, families are engaged in activities that promote positive parenting and enhance a parent’s ability to be their child’s first teacher. PAT Parent Educators teach parents skills and strategies to help their child succeed in school and enjoy learning.

For more information or to enroll your family, please contact Kaya Swann at children@howardcountymd.gov or 410-313-1453.

Good To Know! Information You Can Use

Food on the 15th

Food on the 15th is an 8 year old not-for-profit organization that gets students of all ages involved in collecting, sorting, bagging and delivering free non-perishable groceries to low income senior citizens in Howard County. Volunteer opportunities are available at virtually every school in the county. Students & families can volunteer as much or as little as is convenient. All foods provided are donated. For more information, call 410-608-1913, email Foodonthe15th@gmail.com or visit www.foodonthe15th.org.

Celebrating Successes for Children 2014

The Howard County Office of Children's Services' annual awards program for people who work with Howard County's children will take place on April 30, 2014 at Ten Oaks Ballroom. Consider nominating someone you know – a teacher, child care providers, volunteer, coach, camp counselor, coach, Scout leaders, etc. Nomination forms will be available online beginning in February at www.howardcountymd.gov/children (click Nominate.)

Save the Date! Children's Discovery Fair 2014

Stop by the East Columbia Branch Library at 6600 Cradlerock Way in Columbia from 10 am to 1 pm on Saturday, March 29, 2014, for a celebration for young children ages 3-5 years old and their families. Featuring free hand-on activities relating to school readiness including interactive games, songs, crafts and stories, the theme for 2014 is Preschool STEM (Science, Technology, Engineering and Math). For more information, call 410-313-1940 or email children@howardcountymd.gov.

Resources for Families Holiday Assistance & Donations:

FISH of Howard County

410-964-8660

Accepts donations & offers food assistance to families in need.

Head Start

410-313-6443

Accepts donations & provides assistance to H.S. families only

Toys for Tots

www.toysfortots.org

Sign up online for toys (check for deadlines). Offers toy drop-off sites throughout the area for donations



Grassroots Crisis Intervention, Inc.

410-531-6006

Accepts donations & assists families in need.

Columbia Association Teen Center

410-992-3726

Accepts donations and assists families in need of clothing and coats.

Parents Guides 2014

The new 2014 Parent's Guide to Howard County will be available in late January. The guide contains resources for parents and early care and education professionals. To request a copy of the guide for yourself or a family member, contact 410-313-1940 or email children@howardcountymd.gov.



Road to Kindergarten

The Howard County Public School System's Office of Early Childhood Programs, in partnership with The Howard County Transition to Kindergarten Workgroup, are pleased to present "The Road to Kindergarten", an informational opportunity to support families of children headed to Kindergarten. The purpose of the sessions is to help make the process of entering school less stressful for all involved. Families of children turning five by September 1 are invited to come

with questions and concerns pertaining to the transition to Kindergarten process.

Each regional session will discuss necessary information pertaining to the Kindergarten year, such as the registration process, school readiness, Kindergarten expectations, and curriculum. Information sessions will be held at several different locations throughout the county. Childcare providers are also encouraged to attend in order to learn useful information that will help them assist families who are beginning the transition to Kindergarten.

For presentation dates and/or questions, please contact Jeannie Veale at jeannie_veale@hcpss.org or (410) 313-5693.

Agency Spotlight: Kennedy Krieger Institute

Kennedy Krieger Institute is an internationally recognized institution dedicated to improving the lives of individuals with disorders of the brain, spinal cord, and musculoskeletal system through Patient Care, Research and Professional Training, Special Education, and Community. Dr. Jen Crockett, Director of Training for Behavioral Psychology, and her team from Kennedy Krieger compiled a list of four questions and answers with military families and challenges in mind, focused on letting parents know when to seek help. The questions (and answers) will reflect the range of services the Kennedy Krieger Institute provides and the clients they serve (toddler to teen; and typically developing to autistic).

Q: Our 5 year old daughter has always had trouble sleeping in her bed. When my husband was here, it was easier to get her back in her bed, but since his deployment, I have been letting her sleep with me more and more. She now refuses to sleep in her room and I just give in. What can I do?

A: Deployment of a parent can be very disruptive to family life and to established routines. The resulting changes can impact everyone, including the parent who is caring for the children at home. Establishing a structured bedtime routine that is consistent and predictable can help children learn to sleep independently. Making sure the child's room is dark, cool, and quiet can also make the child's room conducive to sleep. Many parents find that by introducing good sleep hygiene, providing a transition object to aid with sleep onset, and providing a small reward in the morning, many children are able to achieve this important milestone. However, when these basic practices are insufficient to help a child achieve independent sleep, parents sometimes find it helpful to consult with a professional.

Q: My husband will be deploying in four months. We have a son with autism and are trying to figure out the best way to prepare him for the deployment. He already has such a hard time with change. I feel this will really set him back. Any advice?

A: This is likely to be a challenging situation and appropriate support strategies will depend, in part, on his degree of language development. For example, if your son is currently able to use some speech to interact with others, a skilled therapist might be able to help your son learn to attend to (or if possible, engage with) his father via Skype/Facetime. Basic components can be systematically practiced during these months prior to deployment. Preparation doesn't have to depend on verbal language, but can also include developing concrete visually based explanations about his departure. Social stories, with photos and simple statements, are frequently used for children with Autism help to them understand fairly abstract concepts. For example, photos of the family at dinner with dad present can depict the current status; however, the next page of the social story might have a picture of the family at the dinner table without dad in order to communicate that the consistent routines will continue. Illustrating a number of similar situations and reviewing the concepts frequently may increase his understanding.

Q: My teen son and I are really having problems. My wife tells me that it is because we are so similar. He is doing well in school, but our home life is suffering. I will be leaving in two months for a military training course and will be gone for three months. I do not think my wife will have any problems with him while I am gone. Is there any purpose in trying to work on this now or should I just wait until I return?

A: Knowing that a family member is leaving for an extended period of time can often cause a lot of anxiety. The problem with your relationship might temporarily go away while you are gone but the communication issues will still be present when you return. It may be helpful to let your teen son know that your goal is to have a better relationship with him, but you are not sure what is getting in the way. You also want to let your son know that there will be no negative consequences for being honest, so you can help work through the problem in a calm way. Essentially, you want to communicate to your son that your goal is for your relationship to get better. It can be helpful to work with a therapist on family communication strategies so your family can function well when you are both home and away. Being away from the family might work in the short-term, but this is not a recipe for success in the long-term. Also, a lot can often be accomplished in a short period of time in therapy, particularly in the context of an upcoming transition.

For more information on the Department of Behavioral Psychology at the Kennedy Krieger Institute, including the Howard County location, visit <http://www.kennedykrieger.org> or call 443-923-7508.

Community Announcements

Free Income Tax Preparation Assistance Available

Howard County's Volunteer Income Tax Assistance (VITA) program will again offer free tax preparation to qualifying tax payers during the 2014 tax filing season. IRS-trained and certified volunteers prepare Federal and State income tax returns to ensure that families receive all tax credits for which they qualify, including the Earned Income Tax Credit (EITC). In 2012, most families who earned less than \$51,000 were eligible for VITA.

VITA also offers free electronic filing, savings bonds and the option to receive refunds via direct deposit onto a debit card. Individuals taking advantage of the e-file program receive their refunds in half the time compared to those who file paper returns — even faster, when tax refunds are deposited directly into a bank account.

Howard County's VITA site is located at the Multiservice Center located at 9900 Washington Boulevard (Route 1), Laurel, MD 20723; tax assistance will be available in late January. Appointments are encouraged but not required. For more information, call 410-880-5917 or e-mail: vita@makingchange.org.

VITA assistance will also be available at the 2014 Money Matters Fair on April 5, 2014 at the East Columbia branch of the Howard County Library, 6600 Cradlerock Way in Columbia. Howard County's VITA program is hosted by MakingChange, a non-profit organization that provides financial education seminars and personal coaching. For more information, visit MakingChange at www.makingchange.org.

It's Not too Early to Plan for Summer Camps 2014

CAMP EXPO 2014

Sunday, January 26, 2:30 to 5 pm
Kahler Hall
5440 Old Tucker Row, Columbia, MD 21044
410-730-0770 Day and overnight programs, local and regional camps, for ages 2 to 22

HOWARD COUNTY RECREATION & PARKS

Camp Guide Distribution: January 29
Registration open Online: February 5 at 6 pm
Registration at All Community Centers & Headquarters:
Begins February 6 at 7120 Oakland Mills Road
Columbia, MD 21046
410-313-7275
www.howardcountymd.gov/rap

COLUMBIA ASSOCIATION

10221 Wincopin Circle
Columbia, MD 21044
Registration Begins January 21
410-715-3165
www.columbiacamps.org
camps@columbiaassociation.org

Y OF CENTRAL MARYLAND

DANCEL FAMILY CENTER

4331 Montgomery Road, Ellicott City, MD 21043
Y Journeys Camp Registration begins January 2014
410-465-4334
www.ymaryland.org

HOWARD COMMUNITY COLLEGE, KIDS ON CAMPUS (SUMMER PROGRAM)

Summer brochure available January 2014
Registration begins February 2014
443-518-4110
www.coned.howardcc.edu

HOWARD COUNTY PUBLIC SCHOOL SYSTEM

Summer School Classes and Camps
www.hcpss.org

BALTIMORE'S CHILD

Camp Directory in the
January 2014 Issue
www.baltimoreschild.com



Don't Miss this Annual Family Event!

Howard County's Children on Board

CHILD CARE & PRESCHOOL INFORMATION FAIR

**Sunday, January 26, 2014
1:00 - 4:00 pm**

FREE ADMISSION!

If you need accommodations to attend this event,
call 410-313-1940 no later than January 17.

Please bring a non-perishable donation
for the Howard County Food Bank

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville, MD 21029

Get the Latest Information about these Programs and Services:

FAMILY CHILD CARE • CHILD CARE CENTERS
INFANT PROGRAMS • SUMMER CAMPS
PLAY GROUPS • SCHOOL-AGE PROGRAMS
CO-OP NURSERY SCHOOLS • PRESCHOOLS
and Much More!



Department of
CITIZEN SERVICES
OFFICE OF CHILDREN'S SERVICES



410-313-1940 • childcare@howardcountymd.gov

HC is Drug Free!

HC DrugFree Seeks High School Students To Serve on its Teen Advisory Council (TAC)

HC DrugFree's TAC provides the youth perspective to the staff and Board of Directors of HC Drug-Free to increase the effectiveness of HC DrugFree's programs, newsletters, website and other services.

TAC is composed of Howard County high school students (public, private and home school) who meet monthly during the school year to discuss and plan more effective ways to help create and promote a drug free environment and to develop educational messages that promote HC DrugFree's vision of a community where teens are drug-free by choice.

This year TAC will have the opportunity to work with the National Institute on Drug Abuse (NIDA) and the Alcohol and Drug Abuse Administration.

Responsibilities of the Teen Advisory Council will include:

- Discuss ways to promote the HC DrugFree message in schools and throughout the community;
- Help create Public Service Announcements (PSAs) to help spread HC DrugFree's message;
- Participate in developing programs, newsletter articles, website & brochures.

Benefits of Joining the Teen Advisory Council are:

- Meet new people from other schools;
- Gain knowledge of what's happening in Howard County;
- Feel empowered to make a difference.

2014 HC DrugFree Teen Advisory Council Meetings:

- Monday, January 6, 2014
- Monday, February 3, 2014

Unless otherwise announced, meetings are held at the Barn in the Oakland Mills Village Center from 5:30 to 7 pm. Pizza is provided. Community service hours are available.

For more information, please contact Joan Webb Scornaienchi, Executive Director, HC Drug-Free at joan@hcdrugfree.org. To download an application for TAC, please visit www.hcdrugfree.org.

January 9, 10 to 11 am & February 6, 1 to 2 pm

Lil' Archers for 4 - 5 Year Olds!

Meadowbrook Athletic Complex

5001 Meadowbrook Ln, Ellicott City, 21043

Experience the sport of archery in a fun, safe and supervised environment, using plastic arrows with rubber suction cups to teach the basics. No experience necessary; all equipment supplied. Registration: 410-313-7275. Information:

www.howardcountymd.gov/archery.htm

January 21 & February 14, 8 am to 6 pm

School's Out Snow Tubing & More!

Long Gate Park & Ride

MD 100 and Long Gate Parkway, Ellicott City, 21043

Spend the day away from school having fun and making new friends! Zoom down the lanes all morning and relax in the afternoon at the movies. Fee includes snow tubing at a nearby ski resort, movie, lunch, supervision and transportation from Long Gate Park and Ride. Make it a family event; *parents welcome to register as well!* Registration: 410-313-7275. For more information, visit www.howardcountymd.gov/schoolsout.htm.

January 11 & February 15, 2 to 3 pm

I'm Going to be a Big Brother or Sister!

Elkridge Library

6540 Washington Blvd, Elkridge, 21075

Prepare for the arrival of a baby in this class for new siblings; enjoy stories and activities, and bring a favorite doll or stuffed animal to practice holding a baby. Resources for parents, too. Registration or ticket required. For more information, visit http://www.hopkinsmedicine.org/howard_county_general_hospital/classes_events/

January 12, 4 pm

Spanish New Year's Celebration

St. John's Episcopal Church

9120 Frederick Rd., Ellicott City, 21042

Presented by the Howard County Concert Orchestra, featuring music of Sarasate, Turina, De Falla, Albeniz, and others, and featuring the Howard County Ballet, Kathi Ferguson, Director.

Adults: \$25; students 18-24: \$12, age 17 and under accompanied by an adult: FREE. Visit <http://www.hococo.org/> for more information.

January 26, 2:30 to 5 pm

Camp EXPO 2014

Kahler Hall

5440 Old Tucker Road, Columbia, 21044

Come get the latest information about summer camps for 2014! Camp Expo is a community sponsored camp fair for families from Columbia and Howard County looking for summer programs for their children and teens. Call 410-730-0770 for more information.

January 26, 1 to 4 pm

Children on Board: Preschool and Child Care Fair

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville, 21029

Come explore and get the latest information about the exciting programs available in your area and throughout Howard County for children 0-5. See page 9 for more information.

Sat., February 1, 7:30 pm & Sun., February 2, 3 pm

Billy the Kid

Jim Rouse Theatre

5460 Trumpeter Rd., Columbia, 21044

Two audience favorites from the 20th century share the program with a new work from the 21st! First, enjoy a performance of Copland's Billy the Kid; next, local pianist Michael Sheppard joins the orchestra to perform Rachmaninoff's marvelous Rhapsody. Finally, we present the local premiere of the winning work from our 6th American Composer Competition. For more information, visit <http://www.rousetheatre.org/>.

February 8, 9, & 10, 8 am to 1 pm

Tot Swap Consignment Sale

Howard County Fairgrounds, Exhibition Bld., 2210 Fairground Rd., West Friendship

Over 300 families selling like-new children's items. Where savvy moms shop, sell & save! Newborn-young adult/teen sizes.

Admission is Free! For more information, visit <http://howardcountyfair.com/calendar>.

March 6, 5:30 to 8 pm

Kids Connex

Columbia Office

10632 Little Patuxent Pkwy. Suite. 121, Columbia, 21044

Kids Connex helps children and teens cope with loss and change in their lives, and learn skills to cope with the challenges and consequences of family transitions. Through activities, music and discussion, children and teens ages 6-18 find support in a caring environment. Visit <http://www.nfrchelp.org/> for info.

March 9, 2:30 and 4:30 pm

Stuart Little

Theatre IV - Smith Theatre

From the loving heart of E.B. White comes this merry magical musical about a noble mouse who jumps headlong into big adventures. For more information call 410-997-2324 or visit www.candlelightconcerts.org

March 23, 8 am to 1 pm

Kid's Nearly New Sale

Howard County Fair Grounds, Exhibition Building, 2210 Fairground Road, West Friendship, 21794

140+ booths selling children's clothes, toys, crafts, and items. Newborn to young adult & teen sizes. For more information, visit <http://www.kidsnearlynewsale.com/>.