



Howard County's Office of Children and Families' Children's Mental Health Matters Campaign 2021

Howard County's Office of Children and Families' Children's Mental Health Matters Campaign brings together early childcare education programs, family child care, preschools and community partners to raise public awareness of the importance of children's mental health in the early years. By providing activities targeted to the first five years, it highlights that it is never too early to start mental health conversations. The campaign's goal is to help reduce the stigma of mental health while connecting families, educators and providers with resources to help children and their families.

The Children's Mental Health Matters bag was shared with programs throughout Howard County. Inside the bags were five days of short activities that early educators can do in their program as well as short and easy complementary activities for parents to do at home. Click on each day to see the activities provided to support the 2021 campaign.

[Self-Care, Self-Care Everywhere, Everywhere](#)

[Mindfulness](#)

[Problem Solving](#)

[Self- Regulation](#)

[Resiliency](#)

If you are a Howard County program that didn't receive a 2021 Children's Mental Health Matters bag and would like to, email: children@howardcountymd.gov.

If you are looking for additional mental health resources in Howard County, call the CARE Line at 410-313-CARE (2273) voice/relay.