



UNIVERSITY OF MIAMI

LINDA RAY
INTERVENTION CENTER



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Newsletter

OCTOBER 2023

OUR MISSION

The mission of the University of Miami Linda Ray Intervention Center is to support and facilitate positive developmental outcomes with high-quality services, thereby improving young children's school readiness, and future student achievement.

OCTOBER AWARENESSES

There are various awareness days and weeks in October, including **World Mental Health Day** (October 10th) and **Sudden Infant Death Syndrome (SIDS) Awareness Week**.

SIDS is the sudden death of a baby younger than 1 year of age, which usually occurs unpredictably when they are sleeping.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. As a parent/caregiver, some days can be difficult, stress levels may be high, and/or feelings of overwhelmed. It's important to take a moment to talk about mental health, how to look after it, and how important it is to get help if you're struggling.

Tips for talking about mental health:

1. **Choose someone you trust to talk to:** This can range from friends, family members, or colleagues,
2. **Think about the best place to talk:** This could be any place where you feel comfortable. You may want to talk while doing an activity, like going on a walk.
3. **Prepare yourself for their reaction:** Hopefully, you have a good experience when opening up to someone, but there's a chance they may not respond the way you want. If that's the case, try to give them time to process.

ABOUT US

The UM-Linda Ray Intervention Center is a University-based Multidisciplinary Educational Services Center in partnership with Miami-Dade County Public Schools (MDCPS) and Florida's Early Steps program. We provide early intervention services, diagnostic evaluation, consultation, technical assistance, and pre-service and in-service training for families, teachers, school district personnel, and community support providers concerning children and youth with developmental delays or disabilities, complex medical, emotional, or behavioral problems.



RESOURCES & SERVICES

- Training
- Direct intervention and consultation services
- Developmental screenings and assessments that help determine each child's needs
- Behavioral support strategies for school and home
- Classroom observations
- Transition planning support and linkages with Head Start, MDCPS, and Pre-K services
- Alternative options for your child's educational needs



RECOMMENDATIONS FOR A SAFE SLEEP ENVIRONMENT

MENTAL HEALTH TIPS

*SUPPORTED BY RESEARCH

- Put your baby on their back for all naps at night.
- Use a firm, flat sleep surface.
- Never sleep with your baby.
- Keep soft objects and loose bedding out of your baby’s sleep area.

1. Learn to understand and manage your feelings.
2. Be aware of using drugs/alcohol to cope with difficult feelings.
3. Prioritize your sleep.
4. Get closer to nature.

UPCOMING EVENTS

- October 9-13: Spirit Week
 - October 9: Pajama Day
 - October 10: Pumpkin Patch Picture Day
 - October 11: Wacky Wednesday
 - October 12: Book Character Day
 - October 13: Art Process Day

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Teacher Workday
- Recess Day (Closed)
- Legal Holiday

Location

750 NW 15TH ST
MIAMI, FL 33136-1431

Primary Service Areas

Miami-Dade County
Broward County
Monroe County



Contact Us

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