



# Newsletter

NOVEMBER 2022

## 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.



## RAISING HEALTHY KIDS

A healthy eating routine is important at every stage of life and can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Sometimes, getting your child to eat their fruits and vegetables can be difficult. However, fruits like bananas appeal to children, as they are already familiar with it. Children also enjoy apples and they are available in different shades of red, green, and yellow. While fruits come in all colors and sizes, vegetables are commonly green and tough to get children to try as they may associate color and taste despite their nutrition. Fear not, as vegetables like sweet potatoes are not only rich in vitamins A and C, but sweet in taste and orange in color.

If you are concerned your child isn't eating enough, not on track with certain milestones or they have special dietary needs, call your doctor to rule out feeding problems.

**Make every bite count!**

## 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



## TODAY'S SENSORY TIPS

Blowing bubbles is an exciting sensory experience. This activity also allows you to connect with your child through anticipation. For example, counting down the bubbles or having them ask you for 'more' promotes simple back-and-forth interaction between you and your child. They'll also be able to feel the bubbles pop all over their bodies and can process the wet, slimy, sensation.

## TIPS FOR FEEDING A CHILD WITH SPECIAL NEEDS

- Make sure your child is sitting in an upright position
  - Use a belt in a high-chair
  - If your child cannot sit upright, use pillows or towel rolls to prop your child upright if possible.
- Coated spoons are helpful for children who bite down hard onto a spoon.
- Popsicles can be helpful to get your child used to creating a sucking motion.
- Give sips of fluid between solids.
- Thicken fluids if needed by using fruit nectars (i.e. applesauce added to juice).

\*Always consult with your doctor first.

## UPCOMING EVENTS

- November 17th: Raising Healthy Kids & Canned Food Drive
- December 20th; Parent Training- Supporting Play as an Important Learning Tool
- January 30th: TCT Book Mobile

November 2022						
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			

December 2022						
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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