



Newsletter

MAY 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.

Join us in celebrating Mental Health & Speech Awareness Month



Mental Health

This month raises awareness about mental health and therapeutic options, such as counseling. Mental Health Counselors work to help, diagnose, and treat those experiencing any psychological distress including, mental health issues and disorders, social difficulties, stress, grief, and emotional concerns.

For specific questions about your child, be sure to consult with our on-site Infant Mental Health Therapist, Monica Escobar and Speech-Language Pathologists, Claryza Pujol and Elise Sobelman.



Speech

This month raises awareness about communication challenges and disorders, and treatment options, such as speech therapy. Speech therapists work to assess, diagnose, and treat different speech and language, communication, voice, and swallowing challenges and disorders.

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

SPEECH AND LANGUAGE DEVELOPMENT TIPS

- **Visual Schedules** - Visual schedules help structure children's days. In the classroom, we display pictures that represent parts of their day. Each morning the schedule is reviewed and referenced throughout the day. Schedules can also help children with language delays follow along. Try a simple visual schedule at home to help your child transition to and from tasks, learn a new routine, and develop new language skill!



- **Conversation Routines** - Many social situations call for routines requiring a back-and-forth exchange of several common phrases. Focus on practicing exchanges in real or play situations at home! Encourage communication by noticing children's interests, commenting, asking questions, and waiting for a response.
- **Everyday Experiences**- A perfect way to build your child's receptive and expressive vocabulary! Simple exchanges give you a way to involve your child in what you are doing. Here are a few things to try:
 - Shopping: Talk about what you'll buy, how to use it.
 - Cooking: Talk about dishes and the sequence of how you make something. Narrate to your child what they are eating.
 - Car rides: Talk about the surroundings. Use descriptive language when describing the buildings or different vehicles on the road.

MENTAL HEALTH TIPS

Infants and toddlers are building attachments and developing their trust and view of the world. Warm and gentle interactions and a relaxed atmosphere help them feel safe and secure.

5 ways to encourage good attachment in infants:

- Make eye contact, talk, sing, smile, and laugh with your child.
- Respond to and validate your child's needs.
- Give lots of love and attention. Use touch for comfort (i.e., carry, hug, hold hands)
- Help your child to build self-esteem with praise and encouragement.
- Maintain predictability and routines.

5 ways to cope with parenting stress:

- Connect with fellow parents who can relate.
- Ask for backup when you need it.
- Seek opportunities for fun.
- Don't ignore your stress! Have a plan for how to cope.
- Identify your strengths. Don't focus on the negatives.

UPCOMING EVENTS

- May 5th: Bookmobile Visit
- May 8th: Teacher Appreciation Day
- May 9th: Positioning Strategies - Parent Training
- May 25th: Infant Mental Health - Parent Training

May 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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