



UNIVERSITY OF MIAMI

LINDA RAY  
INTERVENTION CENTER



VOLUME 11, ISSUE 6

# Newsletter

JANUARY 2024

## 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.

## REFLECTIVE PARENTING

Happy New Year! As the new year comes in, most people set goals and think about how we can improve, including becoming better parents/caregivers to our children.

Parents play an important role in helping their children learn what they are feeling and show them how to manage these feelings.

Peter Fonagy created reflective parenting to encourage connection between parents and their children. He believed that parents who make meaning of their child's behavior can provide children with more secure attachment. It teaches parents to **observe, reflect, and respond respectfully** to children's feelings and behaviors.

How it benefits children:

- Promotes secure attachment
- Helps the development of appropriate social skills
- Ability to "read" others
- ability to manage/regulate their own emotions

## 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



## MARTIN LUTHER KING JR. DAY

January 15th will celebrate Martin Luther King Jr. Day.

Some ways to celebrate with your child include:

- **Reading:** It is a good way to engage and introduce new topics and ideas to children.
  - *My Little Golden Book About Martin Luther King Jr.* by Bonnie Bader, illustrated by Sue Cornelison
  - *It's Okay to be Different* by Todd Parr
  - *How Do Dinosaurs Learn to be Kind?* by Jane Yolen & Mark Teague
  - *We Have the Same Heart* by Shenley Seabrook
- **Practice kindness:** Children learn kindness from those in their environment. Parents engaging in kind acts could help them model such behavior.
- **Advocate fairness:** This could include having them help clean up their toys or home chores, and practicing turn-taking during playtime.

## TIPS TO PRACTICE REFLECTIVE PARENTING STRATEGIES

- Put yourself in the child's shoes
- Become aware of the behavior you model for your child.
- Learn to address the underlying cause of your child's behavior.
- Be in tune with the underlying reason for your child's actions and what they are trying to communicate through that behavior.
- Reflect on the compassion with which you treat your child.

## UPCOMING EVENTS

- January 1-5, 15, 19: No School
- January 9, 16, 23, 30: Nurturing Parenting (English) Group Sessions
- January 10, 17, 24, 31: Nurturing Parenting (Spanish) Group Sessions
- January 24: Caregiver Training: Worry NO More... Toilet Training Does Not Have to Be a Chore

January 2024						
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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