



Newsletter

FEBRUARY 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.

SAFER INTERNET DAY

Safer Internet Day is being celebrated on February 6. This day aims to raise awareness of a safer and better internet for everyone, especially children and young people. The internet can open up the world for kids, but that also means they can find and see parts of the world that they are not ready to see.

Parents/caregivers can set boundaries and expectations for healthy online behavior to keep our children safe. These boundaries can include using parental controls to restrict access and content, researching games and apps before getting them for your child, and limiting screen time. Screen time has been linked to less time learning, inadequate sleep schedules and insufficient sleep, behavior problems, delays in language and social skills development, and attention problems.

It's recommended that children younger than 18 months avoid screen time. Toddlers between 18-24 months can enjoy screen time but with high-quality programming. Between ages 2-5, 1 hour in the day of high-quality educational programming is okay for children to engage. These programs should be interactive and include music, movement, and stories. A parent/caregiver should be present not only to monitor but to reinforce the lessons being taught.

Remember to schedule non-screen time during your child's day and to turn off devices during meals and at least 1 hour before bed.

Happy and safe surfing!

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



CELEBRATING BLACK HISTORY MONTH



Children of all ages notice physical differences such as skin color and they're never too young to learn about social behaviors like empathy and celebrating differences; the beauty of humanity. This learning can be supported by teaching our kids the importance of diversity representation. This can be through conversation, books, music, materials, and activities.

For infants and toddlers, parents/caregivers can introduce books that surround diverse characters. Diversity could be presented through dolls, toys, and playing music from various musicians.

List of books to read:

- Antiracist Baby by Ibram X. Kendi, Illustrated by Ashley Lukashevsky
- One Love by Bob and Cedella Marley, Illustrated by Vanessa Brantley-Newton
- Leo Loves Baby Time by Anna McQuinn, Illustrated by Ruth Hearson
- Baby's Big World Book Series by Rob DelGaudio, Illustrated by Hilli Kushnr
- Whose Toes are Those? By Jabari Asim, Illustrated LeUyen Pham
- Mae Among the Stars by Roda Ahmed, Illustrated by Stasia Burrington

SELF-CARE TIPS

Self-care skills are the everyday tasks we engage in to be ready to participate in daily activities and routines.

Here are different ways to encourage your child to engage in self-care practices:

- Scaffolding: Provide your child support and guidance.
- Modeling: Show your child the process, as they may imitate what you do.
- Provide visuals: Pictures can help children understand what's being asked of them and can serve as reminders.
- Provide tactile and verbal prompts: Speak and physically guide your child as they try these activities.
- Assign productive roles: Involve them in assisting with home tasks (e.g., putting their plate in the garbage or dishwasher).
- Consider timing for practice: Don't practice under a time constraint (e.g., getting ready for school)

UPCOMING EVENTS

- February 5-9: Spirit Week
- February 5: Self-Care Training
- February 19: No School

February 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		

- 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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