EMPOWERING YOU

We continuously celebrate parents (including acting parents/caregivers) and acknowledge your hard work on July 23rd, Parents Day. We recognize and applaud Parents' Day-to-day efforts in doing the best for their children. While there are days that may seem difficult, we encourage parents to continue to grow, develop the skills and confidence needed for their children, and be empowered. Empowered parents are informed and involved in their child's school community, understand their child's health or disability, and know that their voice is welcomed in their child's classroom.

Five ways to become an empowered parent/caregiver include:

- **Access:** Ability to access all information about your child's needs.
- **Communication:** Openly communicate with educators and healthcare professionals.
- **Share:** Share activities and/or strategies with your child's educators that work when caring for your child at home.
- **Respect:** Mutual respect between you and professionals in your child's life.
- **Ask:** Ask for help and develop support networks.

Parents/caregivers feel free to contact the team at the UM Linda Ray Intervention Center with any questions and/or need for support.
WATER SAFETY

It's summertime, and the temperature is getting hotter. Here are some safety tips for water play this summer:

- **Supervision**: An adult must **ALWAYS** actively watch children during water play.
- **Lifejacket**: When in a boat, raft, inner tube, or on a dock, wear a life jacket **AT ALL** times. Although arm floaties and inflatable toys are available, they are not as reliable as lifejackets or a substitute for adult supervision.
- **Swimming Lessons**: Swimming lessons have proven to reduce water intimidation and drowning incidents. However, even after taking swimming lessons, **NEVER** leave a child unsupervised.
- **Call 911**: In the case of an emergency, call 911.

BEAT THE HEAT

Hydrate, hydrate, hydrate

Wear light-colored loose clothing

Make a cold compress

UPCOMING EVENTS

- July 7th: Frost Science Museum
- July 11th: Mad Monkeys
- July 14th: Student Art Show
- July 20th: Museum of Science and Discovery
- July 28th: Frost Science Museum

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