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.

OCTOBER AWARENESSES

There are various awareness days and weeks in October, including World Mental Health Day (October 10th) and Sudden Infant Death Syndrome (SIDS) Awareness Week.

SIDS is the sudden death of a baby younger than 1 year of age, which usually occurs unpredictably when they are sleeping.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. As a parent/caregiver, some days can be difficult, stress levels may be high, and/or feelings of overwhelmed. It's important to take a moment to talk about mental health, how to look after it, and how important it is to get help if you’re struggling.

Tips for talking about mental health:

1. Choose someone you trust to talk to: This can range from friends, family members, or colleagues,
2. Think about the best place to talk: This could be any place where you feel comfortable. You may want to talk while doing an activity, like going on a walk.
3. Prepare yourself for their reaction: Hopefully, you have a good experience when opening up to someone, but there's a chance they may not respond the way you want. If that's the case, try to give them time to process.
RECOMMENDATIONS FOR A SAFE SLEEP ENVIRONMENT

• Put your baby on their back for all naps at night.
• Use a firm, flat sleep surface.
• Never sleep with your baby.
• Keep soft objects and loose bedding out of your baby’s sleep area.

MENTAL HEALTH TIPS
*SUPPORTED BY RESEARCH

1. Learn to understand and manage your feelings.
2. Be aware of using drugs/alcohol to cope with difficult feelings.
3. Prioritize your sleep.
4. Get closer to nature.

UPCOMING EVENTS

• October 9-13: Spirit Week
  ○ October 9: Pajama Day
  ○ October 10: Pumpkin Patch Picture Day
  ○ October 11: Wacky Wednesday
  ○ October 12: Book Character Day
  ○ October 13: Art Process Day

October 2023

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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

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