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!
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

Location
750 NW 15TH ST
MIAMI, FL 33136-1431

Primary Service Areas
Miami-Dade County
Broward County
Monroe County

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