

# PRE-K SPED NEWS

Summer 2018 • [prekese.dadeschools.net](http://prekese.dadeschools.net) • (305) 271-5701

## Director's Corner

Hello Parents, Caregivers, and Teachers,

It has been a productive school year and summer is right around the corner! If you have not made plans yet for your little one for the summer, now is a great time to think about summer camp! Summer Camp involvement will allow your little one to maintain a routine, make new friends, and learn news skills! There are several options on page 2 of this newsletter.

For those of you who will be home with your little ones this summer, consider creating a summer plan to include activities you can enjoy with your little ones as well as maintaining a routine! Plan a water day, do a Discovery Walk, have a book/movie day, plan a camping day. Page 2 of the newsletter has some more information about these ideas.

Have a wonderful and restful summer!

**Ann Marie Sasseville, Ph.D.**  
Executive Director  
Prekindergarten Program  
for Children with  
Disabilities

## WHAT'S HAPPENING IN PRE-K?



- ★ Like our Facebook page! Search MDCPS Prekindergarten Program for Children with Disabilities
- ★ Need ideas for summer? Check out page 2!

### **Florida's 2017-2018 ESE Parent Survey Make Your Voice Heard!**

***Florida Department of Education is going strong! Surveys can continue to be accessed until June 8, 2018***

**Online Survey: <http://www.esesurvey.com>**



## Communication Counts!

Whether a child is flapping his arms to say he is excited or throwing a toy to say he is over-stimulated and needs a break – he is communicating! So how do we shape his communication to be more appropriate? Especially when the child has limited verbal language or is non-verbal?

We must model a form of communication that the student can access!

Remember, even verbal children have moments of frustration, excitement, or overstimulation when they can't find the words to communicate and revert to inappropriate behaviors. This is the reason some students become extremely physical when upset. Acting out is the only form of communication they can access in that moment.

Adults can model language and use tools such as picture communication boards to help shape language skills. Look on our website [prekese.dadeschools.net](http://prekese.dadeschools.net) for some ideas!

# May is Mental Health Awareness Month!

[www.nami.org/mentalhealthmonth](http://www.nami.org/mentalhealthmonth)



## FAMILY CORNER

- ⚙ The Children's Trust organization has made it easy for parents to locate the right program in their neighborhood. Download their free app or search their website for summer camp information:  
[www.TheChildrensTrust.org](http://www.TheChildrensTrust.org)
- ⚙ Miami Dade County Parks and Recreation offers summer camp experiences for children as young as 4 years old.  
[www.miamidade.gov/parks/activities-summer-camps](http://www.miamidade.gov/parks/activities-summer-camps)
- ⚙ Miami Family Magazine provides an online South Florida 2018 Summer Camp Guide:  
[www.familymagazine.biz](http://www.familymagazine.biz)
- ⚙ Free or Cheap Summer Activities Ideas  
[www.msn.com/en-us/lifestyle/whats-hot/18-free-or-cheap-summer-activities-guaranteed-to-keep-kids-from-being-bored/ar-AAxDx1L](http://www.msn.com/en-us/lifestyle/whats-hot/18-free-or-cheap-summer-activities-guaranteed-to-keep-kids-from-being-bored/ar-AAxDx1L)
- ⚙ Dial 211 or call the Switchboard of Miami Helpline at 305-631-4211



**HELP ME GROW** – DEVELOPMENTAL AND BEHAVIORAL SCREENING, RESOURCES/REFERRALS. DIAL 211

**THE CHILDREN'S TRUST TRIPLE P** – POSITIVE PARENTING GROUP PROGRAM. DIAL 305-796-1139

**FIU CENTER FOR CHILDREN & FAMILIES** – FREE PARENT-CHILD INTERACTION THERAPY FOR CHILDREN AGES 2-6 EXPERIENCING BEHAVIORAL DIFFICULTIES. DIAL 305-348-6679



**Infant Mental Health is a young child's ability to experience, express, and regulate emotions; to form close relationships; and to explore the environment and learn.**

**Infant Mental Health is important because the first few years of life are the foundation for a person's mental well-being and social emotional development. It is essential for children to have a loving, caring relationship with a trusted caregiver to develop a sense of safety and emotional security. It is through this relationship and secure attachment that the child will explore his/her environment and learn.**

**Parents can nurture their child's emotional development and mental health in a variety of ways:**

- **Ensure children have positive, secure, loving relationships at home.**
- **Provide stable and consistent caregivers.**
- **Model good relationships and healthy ways to manage conflict.**
- **Take care of your own mental health.**
- **Learn developmental stages and have realistic expectations.**
- **Develop daily routines to help babies feel secure and help them learn what to expect.**
- **Comfort and reassure children when they are scared, angry, or hurt.**
- **Spend time interacting and playing with your child.**
- **Learn and respond to children's cues.**
- **Create a trusting, predictable, peaceful environment for your child.**