

September 2011

Family Focus

A DDI VANTAGE Early Intervention Program newsletter



Focus on Staff

Sandi Phillips
Employee of the Quarter
2nd Quarter 2011



Ever since Sandi started working for DDI VANTAGE a little over a year ago as the Early Intervention Program

Services Specialist we knew we made the right decision in hiring her. While Sandi is always a hard worker, this last quarter she really shined. She was able to plan and pull off her second very successful Family Fun Day. We had approximately 1300 people attend at Wheeler Farm this year. The event was well thought out, organized down to the last detail, and a lot of fun.

While planning this event Sandi utilized an intern and was able to make the event meaningful for him as well as the agency. She ran a number of planning meetings in which she was always organized and prepared and provided agendas and minutes to keep everyone on task. She delegated efficiently and ensured that all the details were worked out. With the massive snow melt that caused the river to be especially treacherous this year Sandi was able to re-think how the events were set up in order to ensure the safety of all children. She moved all of the events so that we could provide a safe barrier between the games and the river.

Sandi thinks about the BIG picture and is able to self start a project from beginning to end. On top of all of these skills she always has a smile on her face, is enthusiastic with everything that she does, and is great to work with.

Congratulations Sandi!

Calendar of Events

September 2011

September 5
Labor Day
DDI VANTAGE closed

September 8
Early Communication & Sign Language
Tooele Site 9:00 - 10:00 a.m.
Bring your child to this class.
435-833-0725

September 13
Fun and Healthy Eating with Kids
West Site 5:00 - 6:00 p.m.
Bring your child to this class.
801-957-0855

September 15
Outdoor Exercises
East Site 12:00 - 1:00 p.m.
Bring your child to this class.
*Held at Liberty Park, north of the duck pond, call for details.
801-266-3939

September 20
Potty Training
Duchesne County Site
11:00 a.m. - 12:00 p.m.
Child care is available, please call at least 24 hours in advance.
435-722-3008

October 2011

October 12
Potty Training Workshop
East Site 5:00 - 6:00 p.m.
Child care is available, please call at least 24 hours in advance.
801-266-3939

October 13
Infant Massage
Tooele Site 9:00 - 10:00 a.m.
Child care is available, please call at least 24 hours in advance.
435-833-0725

October 15
Building Up Fathers and Families (B.U.F.F.) activity. Please call 801-268-0056 for more details.

October 18
Cooking With Kids
Duchesne County Site
11:00 a.m. - 12:00 p.m.
Bring your child to this class.
435-722-3008

October 19
Positive Discipline
West Site 5:00 - 6:00 p.m.
Child care is available, please call at least 24 hours in advance.
801-957-0855

October 21
Fall Recess
DDI VANTAGE closed



Focus on Development

Developmental Milestones and Activities for 9-12 months

Over the next few months we will highlight some developmental milestones, continuing with 9-12 months:

- Stands holding onto objects, progresses to standing alone for at least one minute.
- Crawls on hands and knees.
- Sits alone steadily.
- Walks holding onto furniture.
- Attempts some recognizable imitation of words.
- Responds to some verbal commands, understands “no”.
- Repeats actions that are socially reinforced, imitates actions such as stirring with a spoon.
- Shows food preferences.
- Points to major body parts.
- Uses motions/gestures as a way of communicating.
- Removes and places objects in a box or cup.
- Uses crayons with definite attempts to make marks.

Activities to try:

- Give your child stacking toys, containers and small objects to put in them.
- Have your child point to pictures in the book.
- Make a game out of having your baby give toys to you.
- Playfully imitate your child’s words and sounds, carry on conversations with your child.
- Give your child crayons and paper and draw with your child.
- Encourage banging objects together in midline.
- Give your child objects to hold while standing.
- Play games with simple directions like go and come.
- Introduce primary puzzles.

Focus on Health & Safety

Tasty, Convenient and Nutritious Meal Suggestions

www.healthychildren.org

Feeding kids can be challenging because kids can be very picky eaters. Read on for more information about how to please fussy eaters.

Off to a Good Start...Breakfast

Breakfast gives children energy to carry through an active morning. Children who skip breakfast may not concentrate well at school or may lack energy to play. They also tend to eat unhealthy foods as snacks.

Cereal with low-fat milk is a favorite, but sweetened cereal can have a lot of added sugar. Check the nutrition facts label before buying. Although the percent daily values on food labels are based on calorie levels for adults, they can still be used to select more nutrient-rich cereals (and other foods). Choose cereals with less than 10 grams of sugar and at least 2 grams of fiber per serving. If your child prefers a sweet taste, jazz up unsweetened cereal with sliced peaches or bananas, strawberries, or blueberries.

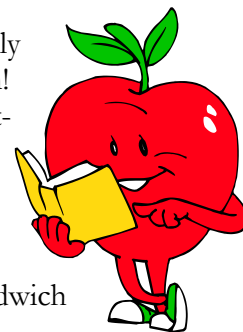
For children who don’t like traditional breakfast foods, like cereal or toast, try one of the following recipes:

- Breakfast shake: Combine milk, fruit, and ice in a blender.
- Frozen banana: Dip a banana in yogurt, roll in crushed cereal and freeze.
- Leftovers: Serve whole-wheat spaghetti or chicken hot or cold.
- Peanut butter snack: Spread peanut butter on whole-wheat crackers, a tortilla, apple slices, or jicama slices.

Lunches Worth Munchin’

Children who help make their own lunches are more likely to eat them. The following are ideas to make lunches fun!

- Use cookie cutters to cut sandwiches into fun, interesting shapes.
- Decorate lunch bags with colorful stickers.
- Put a new twist on a sandwich favorite. Top peanut butter with raisins, bananas, or apple slices.
- For color and crunch, use a variety of veggies as “sandwich toppers”: cucumber slices, grated carrots, or zucchini.



Picky Eaters

Even the most nutritious meal won’t do any good if a child won’t eat it. Some children are picky eaters. Others eat only certain foods - or refuse food - as a way to assert themselves. If your child refuses one food from a food group, try another from the same food group. Try these ideas to make your family meals pleasant.

If Your Child Refuses...

Green vegetables
Milk
Lean beef

Instead Try...

Deep-yellow or orange vegetables
Low-fat flavored milk, cheese, or yogurt
Chicken, turkey, fish, or pork

Focus on Learning Link

Outdoor Exercise
by *Sima Tavazoie, PT*

We all know how important exercise is for adults. Did you know it has many additional benefits for kids? It helps strengthen bones and muscles, improve coordination, build self-esteem, and helps our kids sleep better at night. The American Academy of Pediatrics recommends at least one hour of moderate physical activity daily.

We are hosting a Learning Link Outdoor Exercise class for children on September 15th, 2011 from 12:00-1:00 pm at Liberty Park. We will have activities for kids and parents to participate in just north of the duck pond, east of the tennis courts. We'll spend a few minutes discussing the basic outdoor safety including staying hydrated, using sunscreen, hats and glasses. With the cold and wet weather just around the corner, it's important to remember that kids still need to get outside and exercise, just be sure to dress them properly by putting on layers, using gloves and hats (for colder weather) and watching the thermometers. The outdoor activities we have planned include bowling, bean bag toss, parachutes, songs, dancing and bubbles.

We really hope you and your family will be able to join us.



Focus on Community

Salt Lake City Mommies

As part of The Mommies Network, SaltLakeCityMommies.com is a free community for moms in Salt Lake, Davis, and Utah Counties. There is also an area group for Tooele. All moms need local support -- and who can't use another friend? SaltLakeCityMommies.com offers a simple way to connect with local moms for friendship, support and fun. Members meet on the private discussion forums to share information on everything from where to get the best haircut to tips on transitioning to a "big kid" bed. Each month, they also offer many face-to-face events for members, their children and their families.

The SaltLakeCityMommies Philosophy: No one should have to pay a fee to make a friend, so they offer free membership to any mother within the community who wishes to join. Members gain camaraderie and support through an online forum that is available 24 hours a day and events around the area where mothers can meet face-to-face and develop real friendships that can last a lifetime. They believe that, working together, mothers can change the world - one family, one neighborhood, one community at a time. SaltLakeCityMommies is a connecting force, helping us each to make a difference in our own lives, in our families and in the places we call home.

Visit www.SaltLakeCityMommies.com to fill out the basic application to join the group.

DDI VANTAGE is turning 40!

We are celebrating our 40 years of service with an Open House.



Friday, October 14, 2011
from 4:30 - 6:00 p.m.
at our West Site,
3540 South 5600 West

Join us and learn about our beginnings and growth along the way.



DDI VANTAGE, Inc.
 565 East 4500 South, Ste A-220
 Salt Lake City, UT 84107

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We happily accept your voluntary donations. We also appreciate in-kind donations such as **new** baby items, diapers, and toys. Thank you to all of those who have donated to our agency. We appreciate you!

Please accept my donation of \$_____ for the DDI VANTAGE Early Intervention Program.
 Date:_____ Name:_____ Name of child enrolled:_____
 Address:_____ Phone:_____

****Your generous donation will be directly available to benefit the children and families who are served in the DDI VANTAGE Early Intervention Program.**

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DDI VANTAGE Early Intervention Locations

East: 3950 S. 700 E. Ste 101 Salt Lake City, UT 84107 (801) 266-3939	West: 3540 S. 5600 W. West Valley City, UT 84120 (801) 957-0855	Tooele County: 165 S. Main Ste 200 Tooele, UT 84074 (435) 833-0725	Duchesne County: 187 W. Lagoon St. Roosevelt, UT 84066 (435) 722-3008
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