



# Family Focus

## Focus on Staff

### Shawna Walter



Shawna is a new Physical Therapist at our West Site. She has worked in pediatric physical therapy for about two years. She has a Bachelors Degree in Exercise & Sports Studies and a Doctorate Degree in Physical Therapy.

### Michelle Upchurch



Michelle is a new Family Service Coordinator at our East Site. Before being hired by DDI VANTAGE, she had a child enrolled in the Early Intervention Program and is very passionate about the services we provide to families and children with special needs.

### Lisa Treadway



Lisa is the new Program Records Secretary for our Tooele Site. She has experience working as a secretary and also as a Special Education Aide at an elementary school.

## Calendar of Events

### November 2011

#### November 8

Crafts for Kids  
East Site 5:00 - 6:00 p.m.  
Bring your child to this class.  
801-266-3939

#### November 10

Learning Through Play & Music  
Tooele Site 9:00 - 10:00 a.m.  
Bring your child to this class.  
435-833-0725

#### November 11

Crafts for Kids  
West Site 12:00 - 1:00 p.m.  
Bring your child to this class.  
801-957-0855

#### November 15

Crafts for Kids  
Duchesne County Site  
11:00 a.m. - 12:00 p.m.  
Bring your child to this class.  
435-722-3008

#### November 24 - 25

Thanksgiving  
DDI VANTAGE closed

### December 2011

#### December 3

Building Up Fathers & Families  
(B.U.F.F.) activity  
Call 801-268-0056 for details.

#### December 7

Positive Discipline  
East Site 5:00 - 6:00 p.m.  
Child care is available, please call at least 24 hours in advance.  
801-266-3939

#### December 8

Crafts for Kids  
Tooele Site 9:00 - 10:00 a.m.  
Bring your child to this class.  
435-833-0725

#### December 14

Potty Training Workshop  
West Site 5:00 - 6:00 p.m.  
Child care is available, please call at least 24 hours in advance.  
801-957-0855

#### December 23 - 31

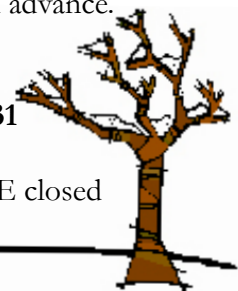
Winter Recess  
DDI VANTAGE closed

### Time for Toys

By the end of November, many thoughts will turn toward shopping. All children, regardless of age, need playthings to build physical, mental, language, emotional, and social skills. Some toys will appeal to children of all ages. These include music-related items, plush toys, and books.

For children 2 years and up, a well-rounded toy selection should also include playthings from each of the following groups:

- Outdoor toys for active play
- Science and nature exploration play
- Puzzles, games, and construction toys
- sPretend/dress-up play
- Arts and crafts
- Blocks



# Focus on Development

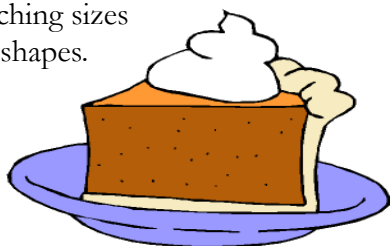
## Developmental Milestones and Activities for 12-18 months

Over the next few months we will highlight some developmental milestones, continuing with 12-18 months:

- Cooperates in games involving imitation.
- Scribbles spontaneously.
- Throws ball intentionally.
- Walks up stairs with help.
- Search for hidden toys.
- Piles two or three blocks.
- Uses a spoon without help and with very little spilling.
- Knows and says the names of at least five things.
- Imitates adult's crayon strokes (a fast, more or less straight mark across the page).
- Keeps busy and happy for at least fifteen minutes with building, looking at pictures, or other similar activity.

### Activities to try:

- Making animal sounds.
- Drawing lines.
- Rolling a ball.
- Water play.
- Hide and seek.
- Starting to jump.
- Nesting (placing smaller objects in larger objects).
- Blowing things: bubbles, feathers, balloons, etc.
- Push and pull toys.
- Manipulative toys.
- Matching sizes and shapes.



# Focus on Health & Safety

## Thoughts About Food

With Thanksgiving and Christmas approaching, many families get together and have parties with LOTS of food. While these events are fun, they can often be overwhelming for kids. If you are concerned about your child's food consumption, here are a few suggestions to help you with various feeding issues:



- When preparing food, be aware of menu items and the tastes of the kids involved. Take some food aside prior to seasoning or prepare something the kids will eat.
- Serve your child a small amount of familiar foods on a large plate, (s)he is more likely to finish everything and gain a sense of accomplishment.
- Give your child healthy snacks throughout the day. At dinner time you will not need to worry if (s)he does not eat much.
- Make mealtimes pleasant. Avoid conversations about eating.
- Don't make your child sit at the dinner table after the rest of the family is through eating.
- If your child engages in inappropriate behavior to gain access to a preferred food, peanut butter and jelly sandwiches for example, offer a bit of the sandwich after consumption of another food, such as peas.
- If your child refuses food to obtain caregiver attention, provide the child with attention for eating and minimize attention for food refusal.
- Kids love to play with their food. Consider serving food with fun dip and toothpicks or displaying it creatively.

There are several safety concerns while preparing food and with kids around, it is even more important to be aware. Here are a few tips to help you keep your holiday cooking safe:

- Start holiday cooking with a clean stove and oven.
- Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.
- Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.
- Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

# Focus on Community

## Home Energy Assistance Target (HEAT)

The HEAT program is Utah's version of the federal LIHEAP program (Low Income Home Energy Assistance Program LIHEAP). It is funded 100% by the Federal Government through the U.S. Department of Health and Human Services.

HEAT provides winter utility payment assistance to low-income households, targeting those who are truly vulnerable - the lowest-income households with the highest heating costs: the disabled, elderly, and families with preschool-age children. Utah received \$32 million in federal funds for the HEAT program in fiscal year 2008-09.

A family does not need to receive other public assistance to qualify for HEAT. It is a federally funded energy assistance program administered by the State Energy Assistance and Lifeline (SEAL) Office located in the Division of Housing and Community Development, Utah Department of Community and Culture.

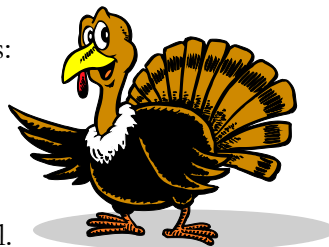
Eligibility is determined by the following:

- Total household income is at or below 150% of the federal poverty (see chart below).
- Household is considered "vulnerable" due to all of their costs.
- The household has at least one person who is a U.S. Citizen or immigrant with acceptable documentation.

<i>Home Energy Assistance Target (HEAT)</i>						
<i>2011-12 Federal Poverty Guidelines (150% of Poverty Level)</i>						
<i>House hold Size</i>	<i>Monthly Income</i>	<i>Yearly Income</i>		<i>House hold Size</i>	<i>Monthly Income</i>	<i>Yearly Income</i>
1	\$1,361	\$16,332		6	\$3,749	\$44,988
2	\$1,839	\$22,068		7	\$4,226	\$50,712
3	\$2,316	\$27,792		8	\$4,704	\$56,448
4	\$2,794	\$33,528		9	\$5,181	\$62,172
5	\$3,271	\$39,252		10	\$5,659	\$67,908
Add \$478 a month for each additional household member.						

Families can apply for assistance one of two ways:

1. Call and make an appointment:
  - Salt Lake County - (801) 521-6107
  - Tooele County - (435) 882-1278
  - Duchesne County - (435) 722-5218
2. Go to [housing.utah.gov/seal/instructions.html](http://housing.utah.gov/seal/instructions.html). Follow the instructions to print, fill out, and mail in your application.



\* If you have any other needs that you would like more information about, please contact your Family Service Coordinator or your service provider.

# Focus on Learning Link

## Music For Young Children

The class for Tooele in November is Learning Through Play and Music. For now, we will focus on the benefit of music for the development of young children. Music provides a wonderful way to interact, communicate, and connect with children at an early age. The heartbeat is the first rhythm babies hear. Their own voices, hands, and feet are their first musical instruments.

Music is an important part of development. It is unique in the way it stimulates neurons in the brain, helps the body and mind work together, acquaints children with new sounds, and introduces children to pitch, tempo, and rhythm. Here are some specific developmental benefits:

**Social-Emotional Skills** - Music becomes social as we share it with others. Lullabies support self-regulation, which helps children learn to soothe themselves.

**Physical/Motor Skills** - When a child dances to music, he/she is developing gross motor skills. Participating in finger plays, such as "Itsy, Bitsy Spider", develops fine motor skills.

**Thinking (Cognitive) Skills** - Music enhances memory skills through the rhythm, repetition, and words of the song. Many songs also introduce numbers or counting.

**Language and Literacy Skills** - Many songs contain rhyming words which help children learn to hear, recognize, and use different sounds.



DDI VANTAGE, Inc.  
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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.**

**Editor: Charlene Todd • E-mail: ctodd@ddivantage.org • Phone: (801) 266-3979 • Web site: www.ddivantage.org**  
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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

