

NEWSLETTER

AUGUST 2026

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Follow Us on Social Media

LinkedIn®



Quick and Healthy Salads for
Summer

(Click the link below.)



Reminder

Attention Early Intervention Families If you have a parent fee, please remember to pay it each month.

Your bill will come by the method you selected. Either in an email from no_reply@utah.gov or as a letter.

We love serving you and your family!

Family Story

How DDI Vantage (Early Intervention) has impacted my family for the better is by helping us understand my son and how to help him learn and grow.

They've been very understanding with our family and helped us a lot. They have even provided information when we have asked for more understanding. My son loves the people he met from DDI. To me, as a parent, it's amazing to see my child interact with other people.



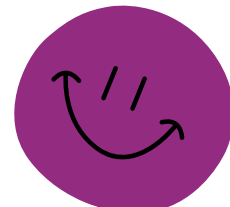
McCabe Family 

LEARNING THROUGH PLAY!



Every smile, game,
and giggle is
an opportunity
to learn!

Our Early Head Start socializations
and home visits help children build
confidence, explore new
experiences, and develop important
social skills - all while having fun
alongside their families.



Language and Literacy Skills From 24-36 Months



Early language and literacy skills are learned best through everyday moments with your child—reading books, talking, laughing and playing together. Learn more about how you can support your child’s development of language and literacy skills from 24-36 months.

Tips to Support Early Reading in Toddlers

Talk together.

Talk as you: ride in the car, do errands together, make a meal, take a walk. Research shows that talking with children during everyday routines increases their vocabularies.

Ask open-ended questions that don’t have a yes/no answer.

This helps your child develop her own ideas and opinions. If you see some ants in a line, you might say, “What tiny little ants! Where do you think they are going?”

Notice the number, size, shape and color of the things around you.

If you are at the supermarket, you can talk about the colors of different fruits, count out the apples as you put them in a bag, and notice that there are big fruits (like pineapple) and little fruits (like grapes)

Make up rhymes, recite child-friendly poems, and sing songs with your child.

This helps her develop phonemic awareness– the ability to hear and identify the different sounds that make up spoken words.

Play the telephone game.

Use a toy phone (or even a block that you pretend is a phone) to “call” your child. You can talk about things that happened that day (What did you have for lunch?) or what will happen later on (Do you want a regular bath or a bubble bath tonight?)

“Play” with literacy.

Give your child toys that encourage her to act out stories—dress-up clothing, props like dishes, pocketbooks, hats, child-sized brooms, take-out menus, paper grocery bags, paper and crayons. Creating their own stories helps children better understand stories on the page.

Help your child build and grow her sentences.

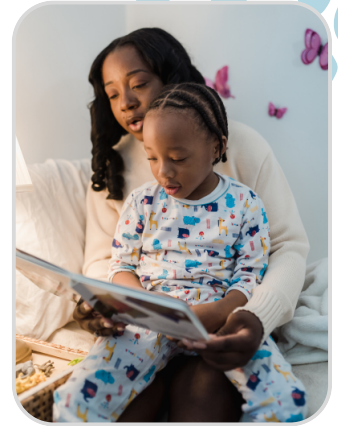
If she says, “Mommy go?” You can say, “Yes, Mommy is going to work now.”

Coach them in completing new tasks:

Okay, now put that napkin in the garbage can. Lift your hand a little higher. Now drop the napkin in!

Build on your child’s interests.

If your child is crazy about dinosaurs, go to the library and check out a selection of fiction and non-fiction (mostly picture) books about dinosaurs. Let your child explore his interests in different ways—through reading, talking, art, and music. And then follow him when he moves on to the next big thing!





Shape Your Child's Future

Join the DDI Vantage
Early Head Start Policy Council!

Why Join Us?

Your voice matters. As an Early Head Start parent, you have a unique opportunity to lead, make decisions, and drive real change for your child and community.

- **Be a Decision Maker:** Approve budgets, hire staff, and shape program policies.
- **Build Your Skills:** Gain valuable leadership, public speaking, and resume-building experience.
- **Advocate for Kids:** Ensure our program delivers exactly what your children need to thrive
- **Connect with Parents:** Build a strong network of supportive local families.

When & How We Meet

Day: Every second Saturday of the month

Time: 9:30 AM – 11:00 AM

In-person: 5287 S. 4015 W. (Free childcare and breakfast provided!)

Virtually: Join from home via our online meeting link.

Interpretation: Interpretation is provided when needed.



No prior experience is needed—just your passion for your child's success.
We provide all the training you need.

Ready to lead?

Use the QR codes to sign up today or talk to your Family Advocate to get started!



English Application



Spanish Application



The S.U.M.M.E.R. Approach

Summer is a wonderful time to experiment with your family's screen time rules and routines by encouraging greater exploration and growth in the real (non-screen) world. Let your kids discover the magic of slowing down, unplugging, moving their bodies, making things, exploring, and reconnecting with friends.

They'll be talking about this summer's adventures for years to come!

Slow Down

Did you know there is research to suggest that being bored is a good thing? Being bored can lead to creativity, problem solving, self-discovery, and more imaginative play (Man and Cadman, 2014). When everyone in the house starts to complain about being bored, embrace it! **Slow down** and welcome boredom.

Unplug

Be aware of how much time you and your family are spending on and off screens and intentionally schedule regular "**Unplugged**" time. What works for your family may be different than what works for others.

Move Your Body

Moving our bodies improves strength and coordination, keeps our hearts healthy, helps us think more clearly, and reduces anxiety and depression (Centers for Disease Control and Prevention, 2025). The best part? You and your kids don't have to be "sporty" or at the gym to enjoy all these benefits. Build an obstacle course in the yard or inside the house. Try a yoga video, or dance to your favorite song, or get outside for a nature walk, hike, or bike ride.

Make Something

Making things is exactly the kind of embodied experience we all need to express ourselves creatively, solve problems in real time, and build resilience (Yang et al., 2025). Make something together, or set your kids loose in the kitchen, the backyard, the garage—really, anywhere can be turned into an impromptu makerspace if you've got materials to work with and age-appropriate tools at your fingertips. **Make something** and get creative.

Explore

Summer is the perfect time for kids to **explore**, whether it's physically in the great outdoors, or mentally in the unfamiliar worlds of fictional characters. Unstructured outdoor play builds children's confidence and resilience as they face a bit of physical risk, challenge, and uncertainty and learn to show bravery and problem-solving skills amid their adventures (Gray et al., 2025). And when kids read stories about characters who face and overcome challenges, they develop greater empathy, emotional regulation, and social understanding (Batini et al., 2021).

Reconnect

Spending time with friends and family and **reconnecting** with others is not only a great way to spend the summer, but it also has profound impacts on your health. Some doctors refer to social connections as "a pillar of lifestyle medicine" (Marinto, Pegg, & Frates, 2015) and socializing should be used as medicine! Schedule a friend date either for yourself or for your children.

Did you know....

August is National Family Fun Month?

Grab some books, a treat, or a craft and enjoy some 'family fun' time this month!



August 3rd is National Watermelon Day

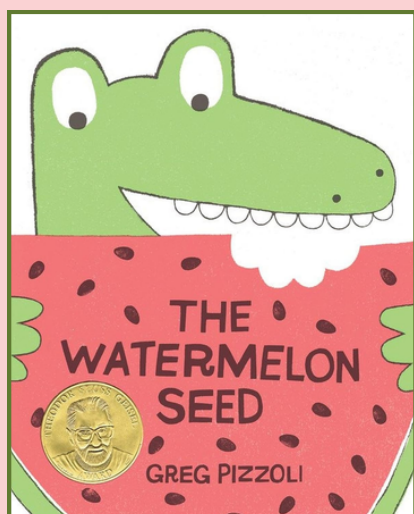
Watermelon Lemonade

MyFussyEater.com

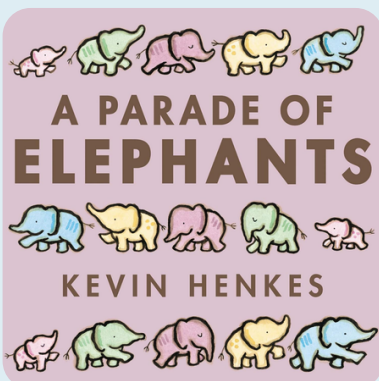
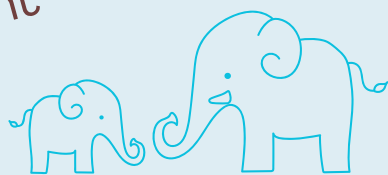
- 4 cups sparkling water
- 3 cups cubed watermelon
- Juice of 2 lemons
- 2 tsp honey (or your favorite sweetener)
- Fresh mint (optional) and ice to serve



Add the sparkling water, watermelon, lemon juice and honey (or your favorite sweetener) to a blender and blitz until smooth. Strain the lemonade through a sieve into a jug to remove any seeds. Serve immediately over ice and with a sprig of fresh mint.



August 12th is National Elephant Day



CraftyMorning.com

August 4th is National Chocolate Chip Cookie Day

The Duckling Gets a Cookie!?

