

MARCH 2025



## IN THIS ISSUE

Pg. 1

- Donor Shout Out
- Link to DDI Vantage Nutritionist Blog
- Reminder

Pg 2

- Family Story

Pg. 3

- Client Spotlight - Shining A Light On Ryan

Pg 4

- How We Learn and the Relationship to Child Development

Pg 5

- St. Patrick's Day Activities / Recipe



THANK YOU FOR BEING A PART  
OF US!

Debbie Israelson  
Tiffani Jones  
Jeffrey Lyon



**Top 3 Heart  
Health Nutrition Tips**

[\(click link\)](#)

Reminder

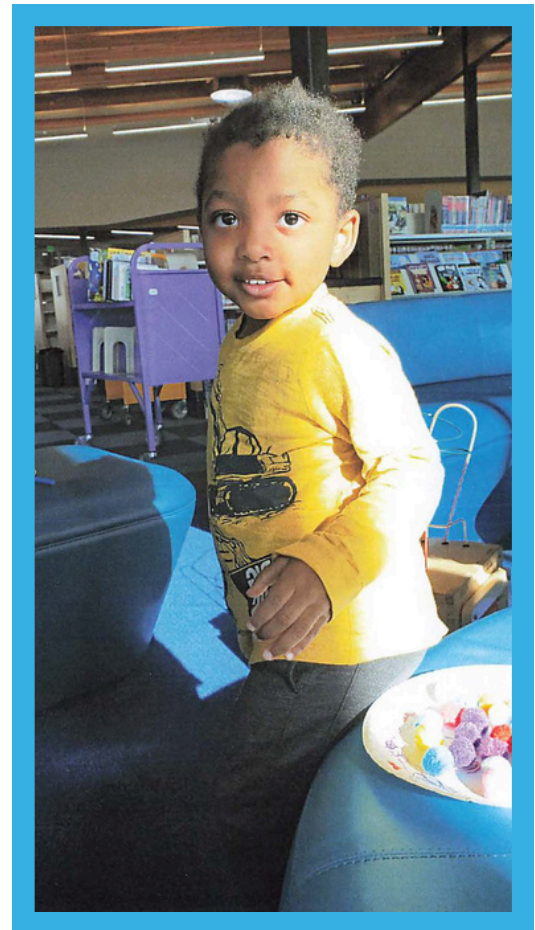
Attention Early Intervention Families If you have a parent fee, please remember to pay it each month.

Your bill will come by the method you selected. Either in an email from [no\\_reply@utah.gov](mailto:no_reply@utah.gov) or as a letter.

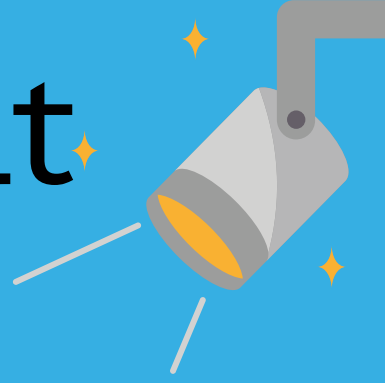
We love serving you and your family!

# Family Story

My son struggled with social and emotional regulations and outside settings. He has struggled with speech and being able to communicate with us often causing frustration on his end and ours. He struggled with vision issues as well as some eating habits. Our Family Advocate has helped us learn to better communicate with our son, eliminating frustration as well as building trust through the ability to meet his needs quicker. Our son has been able to learn how to stabilize emotions better on his own and regulate better in social settings. He has been able to adjust to getting around in familiar and new surroundings better. Our child has also learned to drink out of a sippy cup while eating more healthy consistent meals. We will definitely be taking everything we have learned from our Family Advocate and utilizing it daily. Our child is still working on his speech and is starting in a special preschool classroom to help with this. As for his vision, he is doing great and needs minimal assistance.



# Shining A Light On Ryan!



The million dollar smile belongs to RYAN, also known as DUDE . RYAN has been part of the AYS program for 14 years . RYAN works at USANA and the Maverick Center. As a Special Olympics athlete, Ryan participates in bowling and basketball . RYAN enjoys hanging out with his friends watching movies and WWE . RYAN lives independently in his apartment and staff assist him with taking him to doctor's appointments, community events, and activities as well as helping him meal prep throughout the week.





# How We Learn and the Relationship to Child Development

What is learning and how do we learn? Learning by definition is to gain knowledge of something through study, being taught, and through experiences. Learning through sensory experiences begins for an infant during pregnancy. Learning continues through the life span depending on one's abilities.

An important point, regarding learning, is how we learn. We learn through the neural pathways in our brain. Our pathways act as roads in the brain that allow information to travel to different parts of the brain. This helps us to store and readily access information that has become a memory. The following are some ways that we learn. Active engagement is, for example, participating in a playful activity. Repetition and practice are important for retaining new skills. For example, an infant reaching over and over for toys above her. A small social gathering of children to practice sharing and being near other children is learning in a setting. Sensory input includes experiences within one's environment. These are the things that we hear, see, touch, taste and smell. Another type of learning comes from our sense of balance and eye movement. As well as the position and movement of our body .

Common learning styles of adults can also be used as a guide to be aware of how children are learning. These styles include the way we learn by what we see, what we hear, hands-on learning and our interactions with others. When we are aware of the way we learn, it can affect how we teach and encourage others to learn in the best way possible for them. Infants, in general, learn through their sensory experiences. They explore their environment using the sensory properties mentioned above.

Infants and children whose cognitive, physical, sensory or social properties are affected learn in the way they process the world around them. Parents and caregivers often know what situations their children respond positively to. Building upon those positive responses helps create memory and learning for these children. For example, a two year old child, who is not yet walking or talking and has low vision is learning through his senses. These might be touch, gentle movement, what he can see, hear and even his daily routines. Learning is always happening and occurs on many levels, time frames and with all abilities. Positive experiences and responses while learning benefit infant and child development.



# Fun Facts About St. Patrick's Day



- The first St Patrick's Day parade was in New York City in 1762.
- The color green is associated with St. Patrick's Day because it's one of the colors of the Irish flag.

## St. Patrick's Day



### Activities

- Hunt for four-leaf clovers
- Wear green
- Create a Leprechaun trap
- Eat a traditional Irish feast of corned beef and cabbage



### How to Make a Shamrock Shake



#### Ingredients:

4 (1/4 c) scoops vanilla ice cream

1/2 cup whole milk

1/4 tsp. peppermint extract

6 drops green food coloring

Whipped cream for topping



Put all ingredients in a blender and blend until smooth.

Pour into a glass and top with whipped cream

