

NEWSLETTER

MAY 2025



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We're still looking
for an attorney to
sit on our
board of trustees.



[How Do I Help My Kids Have
Strong Bones?](#)

(click link)

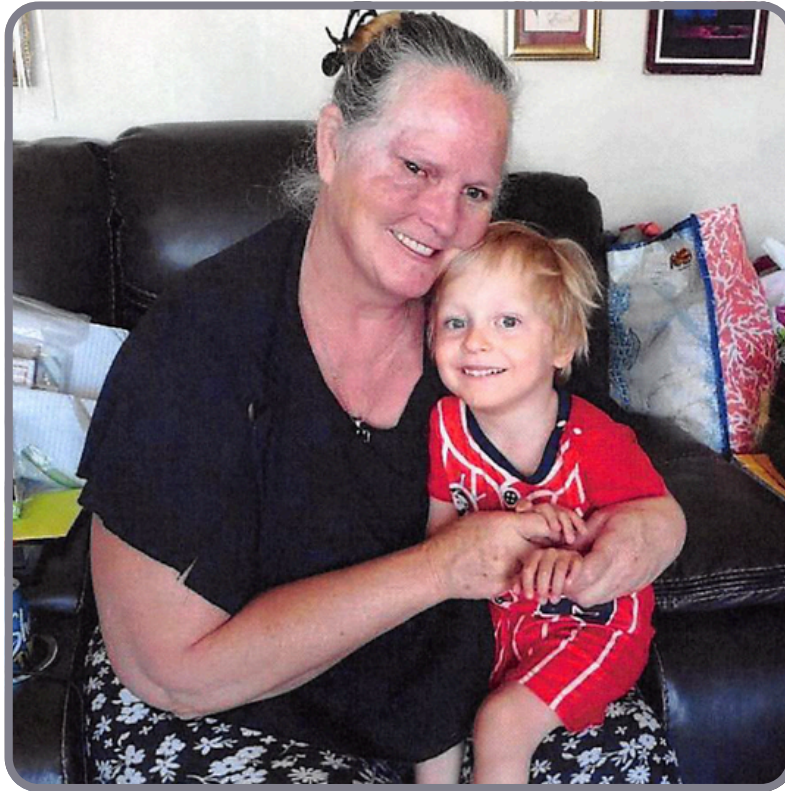
Reminder
→

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 or as a letter.

We love serving you and your family!

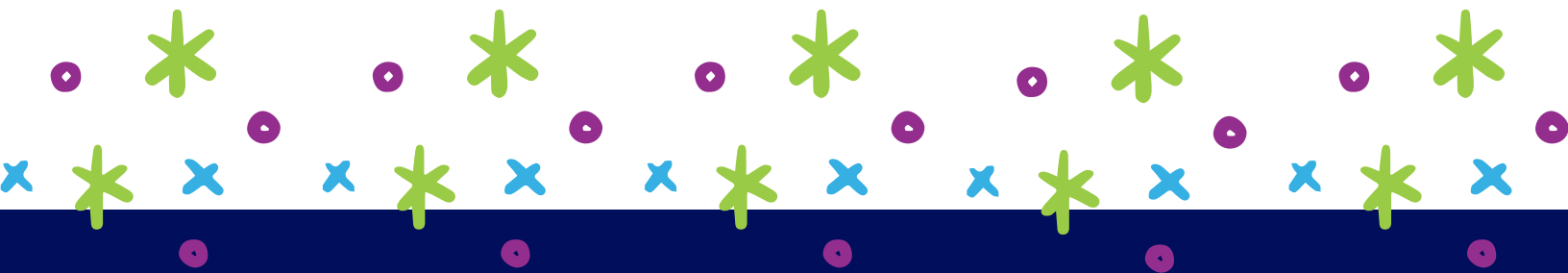
Family Story



We didn't have any resources such as WIC or Early Head Start. DDI Vantage helped us with this and other challenges. We loved the people! They talked to us about ways to help us with our grandson. We wouldn't have known where to go for different resources if it wasn't for them.

They also encouraged us to set different goals with him. DDI Vantage helped us reach each goal we set for him and more. They helped us by advising us how to reach each goal with whatever he needed. Every challenge was overcome with their help. We loved working with and seeing the DDI Vantage employees we worked with.

We have grown by being able to handle what comes our way. Our grandson is in Early Head Start and we can now continue with whatever comes. It was amazing working with DDI Vantage. We are going to miss them.



Establishing Healthy Screen Time Habits *

Cari Ebert, MS, CCC-SLP
www.cariebertseminars.com



- Establish family screen time rules (examples: No screens during meal time. No screens in the toy room. 30 minutes of screen time after nap. No screens after 7:00 pm. No screens in the car unless the car ride is 60+ minutes)
- Don't let your child become dependent on your smartphone or tablet as their primary source of entertainment
- Balance screen time with other varied experiences (playing with toys, helping with chores, playing outside, reading books, going for walks, riding bikes, listening to music, and quiet time activities such as coloring or playing with stickers)
- Provide plenty of opportunities for play-based movement each day *
- Schedule screen-free outings occasionally (such as going to the zoo, park, or pool): not every event has to be documented with pictures and videos, so keeping your phone out of sight will keep your child's mind focused on other things
- Avoid using screen time as a self-regulation tool to get your child to calm down/stop crying: learning how to cope with big emotions and how to self-calm are critical life skills that begin to develop in early childhood
- Make screen time a scheduled part of your day, like meal time and bath time: avoid offering screen time to bribe your child or withholding screen time to punish your child (while well intended, these acts make screen time too powerful)
- Limit how often you use screen time as a digital babysitter *
- Try not to be digitally distracted: be mindful of your own screen time use - children learn by watching and imitating others (you are your child's first and most important teacher!)
- As often as possible, make screen time interactive by talking about what your child is seeing and hearing on the screen: shared screen time experiences are more beneficial than independent screen time experiences for young language learners
- Avoid using screens as part of the bedtime routine: reading books before bed is a better option for promoting sleep than screen time

Your child can memorize some early academic concepts (such as letters, numbers, shapes, and colors) through educational TV programs, apps, and online games; however, your child will learn functional skills through real-life experiences and interactions.

There is no app you can download or high-tech toy you can buy that will ever be more important than the time you spend talking to, playing with, and reading to your child. Remember, there is no app to replace your lap!

MAY IS

Mental Health



AWARENESS MONTH

► **Make Someone Smile**

Acts of kindness may help reduce symptoms of depression and anxiety. It is up to each of us to be kind to one another, sharing a commitment to care for ourselves and those around us.

- Do something kind for someone you don't know.
- Compliment someone.

► **Focus on Wellness**

Mental Health is essential to your overall health and quality of life. When you take care of yourself, your physical and emotional health improve.

- Take a walk.
- Unplug from social media for day.
- Drink plenty of water.
- Do something each day that brings you joy.

► **Be Thankful**

Focusing on what you are thankful for can have a positive impact on our mental health.

- Write a thank you card to someone.
- Send a text to someone who has been kind to you..
- Give a loved one an extra long hug.

► **Have Fun**

Having fun releases endorphins (natural chemicals in our body) to help relieve stress and promote a sense of well-being.

- Do one fun thing each week.
- Play music to boost your mood.

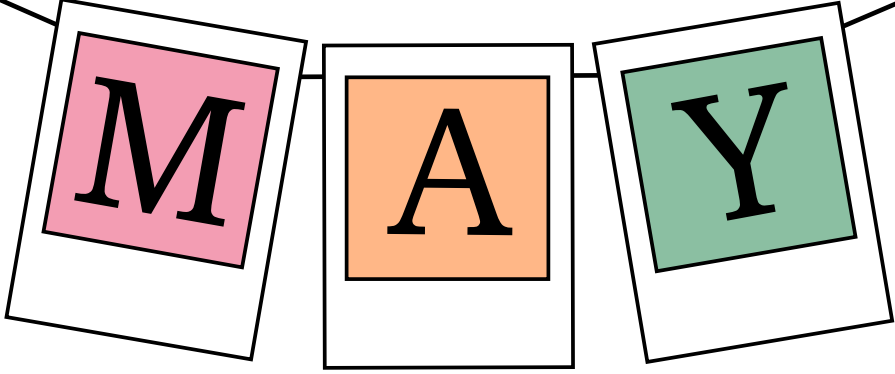
DDI Vantage

In The Community

DDI Vantage participated in the Tiny Tots Fair and Easter Egg Hunt where there were over 400 people in attendance.



DDI Vantage was excited to be a part of the Canyons District Pre-Employment Fair held April 21.



Don't Forget

May 1st is May Day

May 5th is Cinco de Mayo

May 11th is Mother's Day

May 17th is Armed Forces Day

May 26th is Memorial Day

For Fun

May 8: No Socks Day

May 14: Root Canal Appreciation Day

May 14: Dance Like a Chicken Day

May Is 'Get Caught Reading' Month

*A few books from NPR's 100 Favorite
Books For Young Readers*

The Old Truck by Jarrett Pumphrey and Jerome Pumphrey

Crown: An Ode to the Fresh Cut by Derrick Barnes and Gordon C. James

Hello Lighthouse by Sophie Blackall

Freight Train by Donald Crews

But Not The Hippopotamus by Sandra Boynton

Last Stop On Market Street by Matt De La Pena and Christian Robinson

Story Boat by Kyo MacLear and Rashin Kheiriyeh

Jabari Jumps by Gaia Cornwall

The Rabbit Listened by Cori Doerrfeld

Fry Bread by Kevin Noble Maillard and Juana Martinez-Neal

A Chair for My Mother by Vera B. Williams

Drawn Together by Minh Le and Dan Santat

There's A Bird On Your Head by Mo Willems

Mother Bruce by Ryan T. Higgins

A Sick Day For Amos McGee by Philip C. Stead and Erin E. Stead

Mercy Watson by Kate DiCamillo and Chris Van Dusen

Extra Yarn by Mac Barnett and Jon Klassen

Kid Sherriff and the Terrible Toads by Bob Shea and Lane Smith

