

NEWSLETTER

DECEMBER 2025

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[Healthy Holiday Breakfast Ideas](#)

(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.

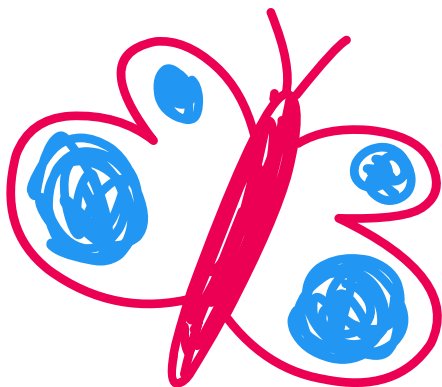
We love serving you and your family!

Family Story

As a new, just moved to Utah Family, we do not have friends or extended family, so it was hard to find support from people we trusted. However, being part of DDI Vantage has been very helpful, where they provided information and resources about the programs that were in the community as well as events that could help us connect to our new home. The program had also allowed us to be more involved in our children's development.

At the beginning, our daughter was shy and had a hard time socializing. After being in the program, she has significantly improved in so many ways, especially her speech and vocabulary.

Going forward, we plan to continue working on creating and reaching new goals with our children. The program has allowed us to be more involved in our children's development.



The Vasquez Family

Congratulations

Sadie Rodriguez, DDI Vantage Early Head Start Program Director, was recognized by Utah Business as one of Utah's 20 in Their 20s.



"This year's ambitious 20 In Their 20s honorees have already established themselves as forces of change within their industries and share a remarkable ability to translate vision into impact at an age when many are still finding their path."

UtahBusiness.com

"That's when I discovered my purpose: to give every child a voice, a chance to be seen, and a place where they truly belong. Throughout my career, I've faced doubt, been silenced, and had people give up on me, but I continue to use my voice in honor of the little girl I once was." -Sadie Rodriguez-



24 Ways to Make the Holidays Kid-Friendly

Interrupted Routines

1 - Plan In Advance: Think about how you can add a sense of structure to the break.

2 - Give A Head's-Up

3 - Create a written or visual schedule for the break.

4 - Stick with school bedtimes as much as possible.

Anxiety around extended family and visitors

5 - Give your kids the home field advantage: It might be easier to host than to travel.

6 - Plan Ahead: For example, let your host know ahead of time that you'll be leaving early to get the kids home.

7 - Time it right: If traveling, leave time for the kids to stretch their legs before entering an event.

8 - Give time to warm up before the kids are thrust into greetings from relatives.

9 - Discuss expectations with your kids.

10 - Build in time between visits.

Picky Eaters

11 - Bring your child's food. If asked to provide food, make something you know your child loves.

12 - Picky eater? Loop in family members ahead of time.

13 - Give kids a comfortable space. Set up a kid's table or bring their favorite plate or cup.

Sensory Issues

14 - Pick a Color Scheme
Matching clothes might not work, pick a color scheme instead.

15 - Give kids a say. When choosing holiday clothing, let your child help.

16 - Focus on soft fabrics and tagless items.

17 - Add a soft layer like a t-shirt under something that might be itchy.

Traveling With Kids

18 - Look for bonding moments. Create new traditions or play car games like looking for holiday-themed objects along the way.

19 - Pack distractions and favorite snacks.

20 - Extend bathroom breaks and let kids run around in a safe space before getting back in the car.

21 - Drive when you can. A 10 hour drive might be better than a 90 minute flight.

Giving Gifts

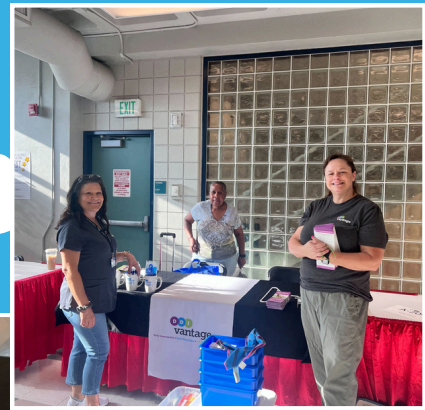
22 - Prioritize experiences over gifts. Especially when kids are young, a membership or tickets to a museum can be more enjoyable.

23 - Role-play opening presents. Practice saying "thank you" to the gift giver.

24 - Guide relatives to preferences.

A Look Back at 2025

Thanks for being a part of us!



10 Healthy Holiday Traditions to Start With Your Family

<https://www.connecticutchildrens.org/growing-healthy/10-healthy-holiday-traditions-start-your-family>

Holidays go hand in hand with a big meal, several kinds of dessert, and an afternoon nap. We get it! No need to give up all your usual traditions – but how about sneaking some healthy ones into the mix? These ideas will keep your child entertained and engaged all day, and might just lead to a new family favorite.

1 Get your child involved in the kitchen.

Help your child select and prepare a recipe for your family's celebratory meal. Consider making extra for a neighbor who could use a treat.

2 Use the opportunity to teach your child about nutrition.

While you're looking at recipes together, talk about the importance of nutritious choices. For example, if your child has their heart set on a less-than-healthy recipe, look up ingredient substitutions to cut back on salt, sugar and fat.

3 Get some fresh air.

Big meals can often mean a drowsy afternoon. Try stepping outside to wake everyone up and break up the day. Sign your family up for a 5k, plan a bike ride, start a touch football game, or just take a stroll around the block.

4 Keep your child moving indoors, too.

To keep kids entertained, keep them moving! If the weather doesn't cooperate, or you need your child close by to supervise. Think: Obstacle courses, jumping jacks, and that old standby, a family dance party.

5 Volunteer in the community.

Leading up to the holidays, talk with your child about the causes that mean most to your family, and identify ways to contribute. This can mean anything from volunteering at a soup kitchen to picking up litter around your neighborhood.

6 Practice gratitude.

Gratitude helps kids be resilient, and is important for their overall mental and emotional well-being. Have your child make a gratitude chain, write holiday cards, or make a thank-you video for a lucky loved one.

7 Do something creative together.

Creativity is an important outlet for kids. And big holidays can lead to big inspiration. Set aside family time for creativity – whether that means drawing, writing, crafts, dance, music or something else. (Talent show, anyone?)

8 Honor lost loved ones.

Holidays are a meaningful time to celebrate loved ones who are deceased. Ask your child to arrange photos and mementos in a place of honor, and encourage everyone to share stories over Thanksgiving dinner and throughout the day. It will help your child cope with their loss, and keep your loved ones' memories alive.

9 Set new, but achievable, goals.

As the year winds down, have your child reflect on why they're proud of themselves, and their goals for the future. What would they like to learn, try, or do more of by next Thanksgiving?

10 Get a head start on holiday planning.

Speaking of resolutions: Does your child want to make handmade ornaments this year? Go caroling? Perfect a certain recipe? Holiday brainstorming is a fun activity for the whole family – and sets you all up for a festive season.



Local Holiday Fun!

THANKSGIVING POINT LUMINARIA - LEHI

CHRISTMAS IN COLOR - SOUTH JORDAN

OGDEN CHRISTMAS VILLAGE

GARDNER VILLAGE - WEST JORDAN

LIGHT WALK - TRACY AVIARY
SALT LAKE CITY

SNOW TUBING AT WOODWARD
PARK CITY

CANDY WINDOWS, CITY OF SOUTH JORDAN

DUCHESNE CHRISTMAS FESTIVAL TREE LIGHTING
& LIGHT PARADE
DECEMBER 6TH

ZOO LIGHTS AT HOGLE ZOO
SALT LAKE CITY

Outdoor Ice Skating



Gallivan Center,
Salt Lake City

Ice Ribbon at J. Lynn Crane Plaza,
Herriman



Millcreek Commons,
Millcreek

Midway Ice Rink

Bountiful Ice Ribbon