

NEWSLETTER

MARCH 2026

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Fiber, The Nutrient You Aren't
Getting Enough Of
(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!



TINY SMILES

Baby teeth are important. They help your child chew, speak, and smile. They also help permanent teeth grow in the correct position. Did you know that children can get cavities as soon as their teeth first appear? Nearly one in four children ages 2–5 has cavities in their baby teeth.¹ Cavities can hurt. Cavities also can cause children to have problems eating, speaking, learning, playing, and sleeping. Children learn healthy habits from their parents and caregivers. Read below to find out how you can help prevent cavities and promote healthy habits.

HELP PREVENT CAVITIES

DURING PREGNANCY



> Children's teeth begin to develop between the third and sixth months of pregnancy. To help baby teeth develop correctly, be sure to get plenty of nutrients and eat a balanced diet. For tips on how to eat a balanced diet, visit choosemyplate.gov.

> It is important to go to the dentist during pregnancy. Also, remember to brush your teeth two times a day for two minutes, clean between teeth, and drink water with fluoride to help keep your own teeth and gums healthy and strong.

BIRTH to 1ST TOOTH (around 6 months)



> Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.

> Breastfeed your baby for at least the first six months of life, if possible. To help prevent tooth decay, fill your baby's bottle only with formula or milk. Finish bottle feedings before putting your baby to bed.

> You can pass cavity-causing germs to your child, so don't put your baby's pacifier in your mouth to clean it. And don't share feeding spoons. Rinse pacifiers with water to clean them.

> Don't dip pacifiers in sugar, honey, or other foods.

1ST TOOTH to 3 YEARS OLD



> Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1.

> Brush your child's teeth two times a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

> Protect your child's teeth with fluoride. Talk to your dentist or pediatrician about your child's fluoride needs.

Sippy cups should be used only until around your child's first birthday. Do not let your child sip drinks with sugar all day.

3 to 5 YEARS OLD



> Brush your child's teeth for two minutes, two times a day. Use a pea-size amount of fluoride toothpaste and a small, soft toothbrush. Take turns—brush your child's teeth one time and then have them do it the next time. Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.

> Clean between their teeth daily—for example, with dental floss.

> Encourage your child to eat fruits, vegetables, and foods that are low in sugar and to drink fluoridated water. Limit snacks, candy, juice, soft drinks, and sticky treats.

> Ask your child's dentist or doctor about putting fluoride varnish on your child's teeth to prevent cavities.

Visit MouthHealthy.org for more tips from the American Dental Association to help your child have their best smile!

¹ Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011–2012. NCHS data brief, no 191. Hyattsville, MD: National Center for Health Statistics. 2015. Available at <https://www.cdc.gov/nchs/data/databriefs/db191.pdf>





Getting Kids to Brush 5 ways to make toothbrushing fun for kids

One necessary life skill all children need to learn is how to care for their dental health. Helping your child get in the habit of brushing twice daily for at least two minutes each time can be challenging, but a little creativity can go a long way in getting them engaged.



1

Brush to the beat

Instead of just setting a timer, try playing DJ while your child brushes! Choose tunes they love — almost any upbeat track will work well. Music videos and brushing apps can be great, too.

2

Offer simple rewards

What motivates your child? Do they love seeing sparkly stickers on a reward chart, or points that add up for a new book, a museum trip or something else special? Think about what's right for their age and favorite activities. Rewards can be as simple as saying, "You've got an awesome smile! I'm so proud of you," with a big hug or high-five when they finish.

3

Spin out a story

Create your own tooth care tale to delight your child while they brush. Make them the superhero who brushes away the bad guys that cause cavities or saves the world by giving everyone a healthier smile.

4

Let your child choose their own toothbrush and toothpaste

Brushing can be more fun when you have toothpaste with cool stripes or sparkles and a brush in your favorite color. Fluoride toothpaste comes in lots of flavors, so your child will have plenty of cavity-fighting choices.

5

Brush with them

Take two minutes after breakfast or before bed to brush side-by-side. Children learn from you, so this is the perfect way to model a healthy routine you always follow, no matter how busy life gets. The family that brushes together has even more reason to smile.

Family Story

My daughter was diagnosed with Hypoxic-Ischemic Encephalopathy (HIE) at birth and spent four long weeks in the NICU. Those weeks were filled with uncertainty, fear, and countless questions about her future. When we finally brought her home, we knew her journey was far from over. What we did not yet know was how deeply Early Intervention would change her life and ours.

From the very beginning, DDI Vantage became an essential part of my daughter's care team. My initial contact with Cashelle at the Tooele location set the tone for everything that followed. She approached our situation with compassion, clarity, and urgency, helping us feel supported rather than overwhelmed during one of the most vulnerable moments of our lives.

Week to week, early intervention providers have worked alongside us as true partners. Kevin, her physical therapist, and Abbye have made a profound difference through their patience, expertise, and genuine care for my daughter as a whole child not just a diagnosis. From infant massage to physical therapy, every session has been intentional, encouraging, and tailored to her specific needs.

Because of early intervention, my child is thriving. She is meeting her milestones, growing stronger, and showing us every day what is possible with the right support in place. These outcomes did not happen by chance. They are the result of consistent, evidence-based intervention and a team that is sensitive, resourceful, and always willing to answer questions or address concerns.

Early Intervention providers do more than deliver therapy. They empower families. They educate parents. They notice small changes that make a big difference. They help ensure that children like my daughter are given the best possible start especially when that start was medically complicated.

-The Turner Family-



8 Self-Care Tips for Parents: Practical Advice

Being a parent can be incredibly rewarding, but it's also demanding. It's easy to get caught up in the daily grind and forget to take care of yourself. However, self-care for parents is essential. It helps you stay mentally, emotionally, and physically healthy, so you can be the best parent possible.

When you take care of yourself, you're better able to parent with patience, joy, and presence. You'll also be setting a positive example for your children, demonstrating that it's important and healthy to take care of yourself. Focusing on self-care for parents shows kids how crucial this habit is.

These mental health tips for parents can help you better care of yourself as you care for your child.

Acknowledge that parenting is hard

Take a moment to acknowledge that raising kids is one of the hardest jobs there is — even on a good day. Give yourself some grace and remember that you are doing your best. Self-care for parents starts with self-compassion. Learn more about how toxic stress impacts us and how we can build resilience.

Self-care comes in many forms

Taking care of yourself doesn't have to be expensive or take a lot of time. Start small — take a bath after the kids are asleep or meditate for five minutes. Self-care for parents can be anything you do for yourself that makes you feel good.

Modeling self-care helps everyone

Yes, taking good care of yourself will help you to be more available for your children. And it will teach them to make healthy habits, too. Self-care for parents has a rippling effect on the family.

Find other parents who can relate

Whether through social media, support groups, or after-school activities try to find people who are in a similar parenting situation. Hearing what other families are going through can give support and perspective. Self-care for parents includes building a supportive community. Surround yourself with other adults who understand your challenges and can offer a helping hand. This network could include your partner, family members, friends, or fellow parents in your community. Share responsibilities, delegate tasks, and ask for help when you need it.

Don't take your basic needs for granted

In the chaos of caring for kids, it's easy to forget to tend to your own basic needs. Remind yourself to get enough sleep, stay hydrated, and eat regular, healthy meals.

It takes a village, but you need to ask

Friends and family members can be great helpers — but they likely won't know how to support you unless you ask them directly for what you need. Practicing self-care for parents means recognizing when and how to seek support.

Accept your limits

Part of avoiding burnout is to understand that you can't do everything yourself. Figure out your stress limit and try not to feel ashamed to know when you hit it.

But also connect with friends outside of parenting

It can also feel good to make time for friends who know you outside of your role as a caregiver. A phone call, a walk, or a coffee date with a friend can be good reminders that being a parent is a part of who you are as a person, but not your whole identity. Pursue self-care for parents to sustain your well-being and balance.

Fun Ways to Help Kids



Eat Their Veggies

-  **DIP** them in hummus or yogurt-based dressings (also a great way to practice fine motor skills!)
-  **PUREE** the veggies into sauces
-  **STEAM** veggies to bring out the flavor
-  **FREEZE** veggies and serve them as Popsicles. By the time it melts and their mouth is cold, the taste isn't as strong
-  **CUT** them into fun shapes or use the veggies to make a face on the plate
-  **MIX** the veggie purees with milk and some fruit to make a veggie smoothie
-  **BAKE** veggies, like kale or sweet potatoes, for healthy, crispy chips



SPRING

Activities Scavenger Hunt

<input type="checkbox"/>  Smell a flower	<input type="checkbox"/>  flap your arms like a butterfly	<input type="checkbox"/>  jump like a frog	<input type="checkbox"/>  crawl like a tortoise
<input type="checkbox"/>  collect 3 sticks	<input type="checkbox"/>  jump over 2 puddles	<input type="checkbox"/>  roll like an egg	<input type="checkbox"/>  stretch like a rainbow
<input type="checkbox"/>  find something soft	<input type="checkbox"/>  reach up to the sun	<input type="checkbox"/>  hop like bunny	<input type="checkbox"/>  find a bug
<input type="checkbox"/>  lay on the grass	<input type="checkbox"/>  waddle like a duck	<input type="checkbox"/>  find a shiny rock	<input type="checkbox"/>  find 5 yellow things