

NEWSLETTER

SEPTEMBER 2025

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The easiest, yummiest way
to eat your greens.

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!

Physical Therapy: Early and Frequent Play in The "Sweet Spot"

We hope this newsletter finds you and your little ones on the move! Today, let's talk about what Early Intervention Physical Therapy is and how you—our incredible parents—are the key to this process!

Early Intervention Physical Therapy is about giving our little ones early and frequent opportunities to discover and refine their ability to move on their own to engage with the world around them. As physical therapists, we are here to support and coach you through purposeful, challenging and playful interactions that inspire your child's desire and ability to move.

There is a simple principle that your family can follow to help your child progress which I call the "sweet spot." It is the ideal balance where growth takes place! Think of it as finding the right mix of challenge and comfort. While your child is engaged in play, try to create moments where they are at the edge of their abilities.

If the activity appears too easy for them, it's time to nudge them "out of the nest" and encourage them to push their skills a little further! That could be something as simple as having them look at their favorite book while standing up, leaning on the couch instead of sitting on the floor, or if they are even younger having them play with their favorite toy while lying on their tummy rather than being held fully supported on your lap. Remember, every child is unique, and being attentive to their cues is key. If your little one appears overwhelmed, it's a sign they may need reassurance and a temporary retreat to a more comfortable zone. This balance between challenge and comfort allows growth and is engaging for children. As parents, you guide them in that journey!

You know your child better than anyone. You can sense when they're putting in the effort but they need a break to unwind before some more effortful play later. Being their parent also means stepping in when they're stressed and inspiring them to push through those moments when they're looking for an easy out (those cute faces are hard to resist!). Consider transforming challenges into playful games! Your creativity can be the spark that motivates them to keep trying.

Even for those children who are more fragile, the "sweet spot" concept still applies. It's important to challenge them gently while providing a soft landing when they need a break. They will surprise you with how resilient they can be when offered the opportunity and time to meet new expectations with your support!

Thank you for being such dedicated caregivers. Let's celebrate all of the progress your kids make including the simple goals they reach! We're here to empower you with insights and encouragement as you help your little ones navigate their paths of growth.

Best wishes,

Kevin Bohman, DPT
DDI Vantage



P.S. We'd love to hear your stories and insights! Your experiences can inspire and uplift our community

Family Story

We are so grateful for the people with DDI Vantage and the services they've provided for our daughter and her older sibling. It's so important for kids to be met at their skill level and the therapists and others are wonderful at engaging through play and positivity. We only got to work with them for a short-time, but Millie has made so much progress. Thanks for helping us get to the "the next step."



-McCoard Family -
An Early Intervention Family

Annual Service Project

UTAH FOOD BANK



ONE HOUR. BIG DIFFERENCE.

What if just one hour of your time could help DDI Vantage reach more people, offer more resources, and make a lasting impact in our community?

We're inviting everyone to join in donating the equivalent of **just one hour** of your wages to **help us reach our goal of raising \$50,000.**

Let's show what we can do when we give together!

SCAN THE QR
CODE OR GO TO
OUR WEBSITE
TO MAKE A
DONATION



Thank you!! ♥

Thank You!

To the following foundations for supporting our Physical
Therapy Residency Program and Musikgarten!



JOAN & TIM FENTON
FAMILY FOUNDATION



Community Health Fund



SORENSEN LEGACY FOUNDATION

Happy Birthday

Celebrating 54 years
of DDI Vantage!



Fun Fall Crafting

Painted Leaves:

Gather leaves and use paint pens to draw animal faces on them, turning them into little creatures.

Apple Prints:

Cut an apple in half, dip it in paint, and use it to create apple-shaped prints on paper or fabric.

Rock Painting:

Gather smooth round rocks and paint them orange. Use black paint or markers to draw jack-o-lantern faces on them.

Leaf Sun Catcher:

Cut a leaf shape out of clear contact paper, peel off the backing, and stick small pieces of colorful tissue paper onto the sticky side to create a stained-glass effect.