

# NEWSLETTER

JUNE 2026

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[Pregnancy Nutrition](#)

(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](mailto:no_reply@utah.gov) or as a letter.

We love serving you and your family!

Our Early Head Start socialization  
in June was a hit!

Thanks to all our EHS families  
that made it out to the carnival!





# vantage

## Out In The Community



DDI Vantage at the Junior League of Salt Lake City's C.A.R.E. Fair!



Utah Parent Center 4th Annual Family Festival at Tracy Aviary  
We were stationed by the turkey vultures!

This year we participated in the Neighborhood House Summer Celebration on June 12<sup>th</sup> and it was a blast!



# Family Story

DDI Vantage has impacted my family so much. When my daughter first started the program, she barely said any words and could not feed herself. She is now feeding herself with a spoon and fork. She also talks a lot more. Her teacher Ellie was able to help her with being able to use a spoon and fork by herself and is helping her to use a straw or drink out of an open cup. My daughter has become more independent since she started the program and seems to play more and want to try new things more easily. After being in the Early Intervention program for a few months, Ellie added another teacher, Daphne, that comes two times a month to help out with her speaking skills. She has been able to help my daughter speak more words and come out of her shell. I was also able to get resources to get her tested and get all set up for a program with preschool that she starts when she turns three so she can keep getting the help that she needs.

*-Brinkerhoff Family*



# Social-Emotional Development

## Milestones by 3 Months

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to them
- Smiles when you talk or smile at them



During a baby's earliest months, they spend much of each day watching and listening to the people around them. They're learning who comforts them, who feeds them and who helps them feel safe. At first, they experiment with simple grins and grimaces. By the second month, these early expressions begin to turn into genuine signals of pleasure and friendliness.

### Your baby's first true smile

If you've experienced your baby's first true smile, then you know it's a major turning point for both of you. All the sleepless nights and erratic days of these first weeks suddenly seem worthwhile, and you'll do everything in your power to keep those smiles coming.

For their part, your baby will suddenly discover that just by moving their lips they can have "conversations" with you. Smiling will also give them another way besides crying to express their needs and exert control over what happens to them.

The more engaged they are with you and your smiles and the rest of the world around them, the more their brain development advances, and the more they'll be distracted from internal sensations (hunger, gas, fatigue) that once strongly influenced their behavior.

Your baby's increasing socialization is further proof they enjoy these new experiences. Expanding their world with these experiences is fun for both of you and important to their overall development.

### Holding your gaze

At first your baby may seem to smile past you without meeting your gaze, but don't let this disturb you. Looking away from you gives them some control and protects them from being overwhelmed. It's their way of taking in the total picture without being "caught" by your eyes. In this way, they can pay equal attention to your facial expressions, your voice, your body warmth and the way you're holding them.

As you get to know each other, your baby will gradually hold your gaze for longer and longer periods; you'll find ways to increase their tolerance—perhaps by holding them at certain distances, adjusting your voice level or modifying your expressions.

Like adults, your infant will prefer certain people, often their primary caretakers. Grandparents or familiar sitters may receive a hesitant smile at first, followed by coos and body talk. By contrast, strangers may receive no more than a curious stare or fleeting smile. This selective behavior shows they're starting to sort out who's who in their life.

### Smile "conversations" with siblings

At about 3 or 4 months old, they'll become intrigued by other children. If they have siblings, you'll see your baby beaming as their brothers or sisters talk to them. This fascination with children will increase as your baby gets older.

These early exchanges play an important part in your baby's social and emotional development. By responding quickly and enthusiastically to their smiles and engaging them in these "conversations," you'll let them know three things: that they are important to you, that they can trust you, and that they have a certain amount of control in their life.

By recognizing their cues when they're "talking," you'll also show you are interested in and value them. This contributes to their developing self-esteem.

*thank you*

sharetix<sup>™</sup>  
Foundation

Sharetix creates opportunities where they don't exist by providing free tickets for charitable organizations working directly with at-risk communities to help create access, equity, and belonging.

Because of Sharetix, DDI Vantage has been able to offer so many different fun experiences to our families including Disney on Ice, Utah Royals Matches, Monster Jam, Hogle Zoo and Salt Lake's Arts Festival, just to name a few.

We love our partnership with them and want to say

*Thank you*

# Summer Bucket List For Families

Visit a Splash Pad

Make Homemade Ice Cream

Have a Picnic

Play With Sidewalk Chalk

Star Gaze

Tie Dye Shirts

Explore a new park

Visit Your Local Library

Do a Treasure Hunt

Blow Bubbles

Make Popsicles

Have a Glow Stick Dance Party



## Frozen Treat Ideas

**Frozen Fruit & Yogurt Bark:** Spread Greek yogurt on a baking sheet, top with berries or mango slices, and freeze. Cut into easily breakable chunks for a melt-in-your-mouth, protein-packed treat



**Smoothie Pops:** Blend leftover summer fruit (like strawberries, bananas, or watermelon) with a splash of coconut water or milk and pour into reusable molds.

**2-Ingredient Banana Ice Cream:** Blend frozen bananas in a food processor until they reach a wonderfully creamy, soft-serve consistency.

**Yogurt Dots:** Drop small dollops of Greek yogurt on a parchment-lined baking sheet. Freeze until solid.