

NEWSLETTER

APRIL 2026

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Mastering the Art of Cutting
Grapefruit and Why it Should Be a
Regular Part of Your Diet

(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!



Powered by Utah Nonprofits Association

On **April 30**, DDI Vantage is proud to be part of the very first #UtahGives – a statewide day of generosity celebrating the nonprofits that make Utah stronger.



Early giving begins April 6, and the official giving day is **April 30**.



Family Story

We are so grateful for the people with DDI and the services they've provided for Millie and her older siblings. 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 next steps.'

McCoard Family



HAVE YOU EVER HEARD OF THE ICC?

What is it?

The Utah Interagency Coordinating Council (ICC) is a governor-appointed body that advises and assists the Baby Watch Early Intervention Program (BWEIP) in providing services to infants and toddlers with disabilities and their families. Baby Watch is Utah's lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), overseeing a statewide network of 14–15 local programs that serve children from birth to age three who have developmental delays or diagnosed disabilities.

The ICC meets at least quarterly to discuss program data, set performance targets, and address barriers to service quality.

Who is it?

The ICC consists of up to 30 members appointed by the Governor. Mandatory membership requirements include:

- Parents: At least 20% must be parents of children with disabilities (aged 12 or younger).
- Providers: At least 20% must be public or private providers of early intervention services.
- Agency Representatives: At least one member from each state agency involved in providing or paying for early intervention services.

What does it do?

The ICC's primary mission is to ensure that infants and young children with special needs can achieve optimal health and development within their families.

Its core responsibilities include:

- Advisory Support: Providing meaningful direction and assistance to Baby Watch on policy setting and the development of the service system.
- Child Find System: Assisting in the implementation of a comprehensive "Child Find" system to identify, locate, and evaluate all potentially eligible children in the state.
- Transition Planning: Advising on the transition of toddlers from early intervention to preschool or other community-based services as they approach age three.
- Stakeholder Representation: Ensuring diverse input by including parents, early intervention providers, state legislators, and representatives from various state agencies.

How do I join?

The executive committee screens new member applications to ensure applicants meet the qualifications.

Potential members are proposed to the ICC. The Governor reviews the applications and will make the final appointment.

Go to the Utah Boards & Commissions website:

<https://boards.utah.gov>



- Look for the Interagency Coordinating Council for Infants and Toddlers with Disabilities and Their Families (or search using the keyword "interagency")
- Click Create a New Account to set up an account and submit your application
- Contact babywatch@utah.gov w/ further questions

The Parent's Guide to Mealtime with Picky Eaters

https://www.additudemag.com/picky-eaters-adhd-parents-guide/?src=embed_link

Eating is a complex sensory task. Each time we chew our food we must simultaneously integrate at least one new piece of information from each of our eight sensory systems. Each time you chew, your food feels different in your mouth, it sounds different in your head, and the taste changes. It even smells different as you chew (we have scent receptors in the back of our mouths), and you must use a different amount of chewing pressure. You also have to monitor several internal body signals that are indicators of hunger and fullness.

Steps to Better Mealtimes with a Picky Eater

1. Build positive experiences with new foods and low-pressure exposure to them.

Pressuring your child to taste a new food often backfires. The likelihood of a child liking a new food when he is pushed to taste it is very low, and makes it increasingly hard for the child to taste that food in the future. Instead, focus on positive, low-stress experiences with unfamiliar foods.

2. Involve your child in meal preparations.

Age-appropriate cooking tasks help your child gain experience seeing, touching, smelling, and watching foods as they change in the preparation and cooking process. This opportunity to interact with food before it shows up on their plate at meals can significantly increase their comfort with that food, even if they aren't ready to eat it yet. Kitchen gadgets can often help children engage with unfamiliar foods.

3. Clean up together.

Putting away leftovers is an easy way to have your child interact with a food that he may not be ready to eat. Many children barely look at foods they don't eat, and helping out in the kitchen lets them engage with that new food without the expectation of eating it yet.

SIMPLIFY THE TASK OF EATING FOR A PICKY EATER

Make it Fun

You don't have to be fancy, just thoughtful and a little creative. Small bowls or reusable cupcake liners can be a great way to contain condiments or separate different foods to help avoid the overload that sometimes comes when children look at a big plate full of food. Cookie cutters come in all sizes and themes and can be helpful as well.

Making The Right Cut

The way we cut and cook food makes a big difference in how easy or hard it is to eat

- Cut food into long, stick-shaped pieces.
- Slice meat against the grain, so it quickly falls apart.
- Use cocktail forks to spear small cubes of hard-to-chew foods.

We eat with our eyes first; children often decide whether or not they like a food based on how it looks.

Let Your Child Eat With Their Fingers

Eating with fingers increases the mess during meals; however, the mess is a good thing and helps your child learn about the food.

Keep Meals Simple

One-pot meals, soups, and casseroles are easy, but they may be off-putting to children because of their mixed textures. You may want to separate the different ingredients on your child's plate to simplify things.



INTRODUCING

Our newest Early
Head Start Child Care
Partnership Location



neighborhood house SPARK LOCATION

Neighborhood House SPARK
1490 W North Temple
Salt Lake City, UT 84116
Tel: 801-363-4589 ext. 100 or 101
frontdesk@nhutah.org
<https://nhutah.org/services/preschool-at-spark>

Early Head Start Child Care Partnerships works with child care teachers and parents to support your child's physical, social, emotional and intellectual development to ensure they are ready for school.

DDI Vantage Early Head Start Child Care Partnerships has partnered with six child care centers in Salt Lake county to provide high-quality child care and education to low-income infants and toddlers and their families.

How do I apply?

Scan QR code or visit us online at
ddivantage.org
(801) 265-7982 ext. 114



Benefits:

- Diapers and wipes provided for your child while at the center
- Hearing and vision screenings
- Developmental Assessments
- Teachers with a Child Development Associate Degree (CDA) or higher
- Child development goals specific to your child
- Curriculum that encourages learning through play
- 4:1 child to teacher ratio with eight or fewer children per classroom
- Group activities held quarterly and opportunities for parent involvement
- Family Advocate to provide resources and support your family's needs
- School readiness focus for infants and toddlers

Have Fun

Tissue Paper Rainbow

What you'll need:

- rainbow colored tissue paper
- contact paper
- painter's tape
- black sharpie

What you'll do:

to prep, cut up little pieces of the rainbow-colored tissue, and tape ta piece of contact paper to a (reachable) window, or wall in your home. Make sure that the contact paper has the sticky side facing out, and then slowly and carefully peel off the back of the paper. Use a black sharpie to draw the shape of a rainbow on to the contact paper. Set the tissue paper out in a bowl or small container, and let your kiddo(s) decorate the rainbow!



ohheyletsplay.com

April has so many fun national days. Here a few to enjoy!

April 1: April Fools' Day



April 3: Find a Rainbow Day

April 5: National Walk to Work Day & National Deep-Dish Pizza Day

April 7: World Health Day

April 11: National Grilled Cheese Day & National Pet Day

April 13: National Scrabble Day

April 17: Haiku Poetry Day

April 22: Earth Day

