



vantage

NEWSLETTER

OCTOBER 2026

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Follow Us on Social Media

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[How to make the most of your freezer to eat well and save money.](#)

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

Before receiving support, the main challenge that I faced was not knowing if I was helping my child with his development correctly with not having previous knowledge about how to best give support to my child. DDI helped my family in making goals.

I would receive at home meetings where they would interact with my child and listen to my concerns, and then help me establish a goal custom to my situation. They would also follow up and continue to provide me with ideas on how I could continue improving and supporting my child on a day-to-day basis.

Additionally, they were able to assist me through providing resources on how to improve their speech and ensuring continued support through each milestone.

I am now at a place where, together, we have achieved our goals.

I am back at college and have a secure job, and my child has gotten better at speech. I was able to grow through having the support of DDI Vantage. They were there through each step of the way since I was pregnant with my child to when they turned 3 years old. They helped me realize the kind of parent I wanted to be to my kid.



-Ortiz Family





Would You Like
to Be One of
Santa's Elves
This Year?



FOR OVER 30 YEARS, DDI VANTAGE HAS ORGANIZED A SUB FOR SANTA PROGRAM FOR CHILDREN IN THE COMMUNITY WHO NEED HELP.
LAST YEAR, OVER 100 CHILDREN RECEIVED GIFTS FROM OUR GENEROUS HELPERS.

EXPECTATIONS

For Santa's Helpers



Purchase new items:

- 2 items of clothing
- 1 book
- 1 item from their wish list



Contact family to
schedule drop
off of gifts.



Presents are
wrapped and
delivered to child.



Notify DDI Vantage
contact that delivery
has been completed.

If you'd like to sign
up to be one of
Santa's helpers and
buy gifts for a
family in need this
holiday season, visit
our website for
more information -
ddivantage.org.
Or
Click [APPLY NOW](#)

Other Ways To Help

Don't have time to shop? Make a monetary donation or
drop off a Walmart or Target gift card.

Click [DONATE NOW](#)

(Put 'Sub For Santa' in the Comments section)

\$10 provides a child with a book

\$40 provides a wish list item

\$50 provides a child with 2 items of clothing

\$100 provides a child with a Christmas



Can't support an
entire family?

Invite friends or family to help and
sign up as a group or make a
donation. Everything helps!



No time to drop
off presents?

Let us know, and we'll
do it for you!

High Tone & Stretching: What Parents Should Know

Article by: Jared Webb SPT and Kevin Bohman DPT

WHY?

We are asked all the time about stretches for kiddos that are diagnosed with Cerebral Palsy or who may have high tone diagnosis. Parents may worry about kiddos being able to use their hands or tight joints in the future and want to know what they can do now to best help their child. What does having “high tone” mean? “Muscle tone is the term for the resting length of muscles in the body; or the length of the muscle before a contraction.” (1) In other words, the child feels stiff to move because the nerve signals being sent to the muscles are mostly “turn on” signals instead of “turn off” signals.

WHAT CAN WE REALISTICALLY EXPECT TO HAPPEN WITH STRETCHING?

While high tone in muscles can greatly reduce movement in some joints, it does not have to get in the way of their ability to continue to progress and enjoy play time. By stretching, the range of motion can be maintained and, in some cases, improved if paired with play. If you are worried about harming your child with the stretch, ease into it slowly. Don't try to push past the "wall." The muscle will relax after 10-20 seconds allowing you to move a little further into the stretch (2). Don't fight the muscle.

WHAT CAN WE EXPECT NOT TO HAPPEN WITH STRETCHING?

Stretching is not a one time cure and is simply a tool to be used in combination with play or other active therapies.

WHAT ARE OTHER MORE USEFUL OPTIONS FOR DAILY PARTICIPATION IN PLAY?

Stretching can briefly improve how far a joint can move. Use this time to help your child practice play and movement skills. (3) Below we have included 3 examples.

Suzzy is 18 months old and has a “scissor gait” meaning her legs are crossing making it harder to sit or even get a diaper change. Her parents perform an adductor stretch as shown in figure 1 holding it for 20 seconds for 5 reps, followed by standing play near the sofa and before she practices walking with the walker. This will allow Suzzy to build strength in this improved range of motion over time and reduce further limitations when playing or during diaper changes.

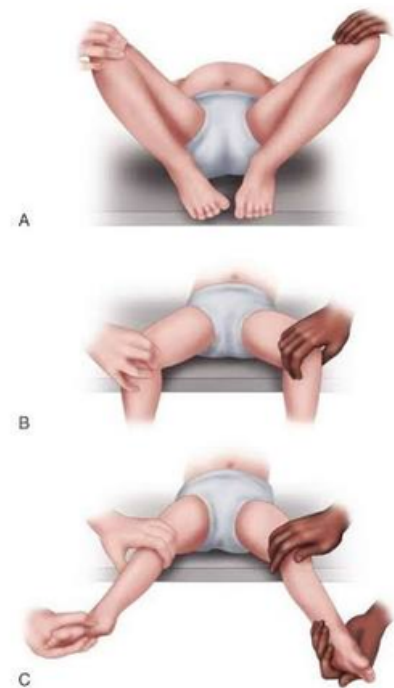


FIGURE 33-16 Testing for adductor and medial hamstring tightness. **A**, Thighs abduct well with hips and knees flexed, indicating no adductor contracture. **B**, With hips extended and knees flexed, hips abduct well. **C**, With hips extended, bringing knees into extension causes thighs to adduct, indicating medial hamstring spasticity.

Figure 1



Figure 2

Kevin is a 19 month old who has high tone in his plantar flexors meaning he struggles keeping feet flat and walks on his toes, making him lose balance while attempting to walk. His parents perform a plantar flexor stretch as shown in figure 2 holding for 20 seconds for 5 reps, followed by standing play, and before he practices walking using a walker. This will allow Kevin to build strength in this improved range of motion over time and reduce further limitations when playing or walking.

Tom is a 16 month old who has high tone in his wrist flexors, meaning he has a hard time opening his hand to grab and play with toys. His parents perform a wrist flexor stretch shown in figure 3, holding it for 20 seconds for 5 reps, followed by practicing grabbing toys, or before crawling on all fours. This will allow Tom to build strength in this improved range of motion over time and reduce further limitations when playing and crawling.



Figure 3



In summary, go slow and easy, back off and restart as needed, and be sure to follow stretches with play and useful activities.

Sources

1. North Shore Pediatric Therapy. Muscle tone. Published February 7, 2024. Accessed September 3, 2026. <https://www.nspt4kids.com/healthtopics-conditions-database/muscle-tone>
2. Pin T, Dyke P, Chan M. The effectiveness of passive stretching in children with cerebral palsy. *Dev Med Child Neurol*. 2006;48(10):855-862. doi:10.1017/S0012162206001836
3. Theis N, Korff T, Kairon H, Mohagheghi AA. Does acute passive stretching increase muscle length in children with cerebral palsy?. *Clin Biomech (Bristol)*. 2013;28(9-10):1061-1067. doi:10.1016/j.clinbiomech.2013.10.001 (passive stretching 5x20 sec increased rom)

UTAH MAMMOTH

DDI Vantage FUNDRAISER NIGHT

UtahMammothvs. TampaBayLightning
Saturday, October 24 | 7PM



Join us for a special night with the Utah Mammoth and help support DDI Vantage!

We've partnered with the Utah Mammoth to offer friends, family, supporters, and members of the DDI Vantage community **discounted tickets** to the Mammoth's matchup against the Tampa Bay Lightning.

DDI Vantage Ticket Package

Your Ticket Helps Give Back!

For every ticket purchased through this special offer, the Utah Mammoth will donate \$10 directly back to DDI Vantage!

And the support doesn't stop there! As more tickets are purchased through the offer, the Mammoth will provide additional donations and items to DDI Vantage. The more tickets our group purchases, the more we can give back!

Special Group Experience

Those who purchase through the offer will also have the opportunity to participate in a special group photo near the ice with Tusky before the game! Come out, enjoy an exciting night of Utah Mammoth hockey, bring your friends and family, and help us make an even bigger impact for DDI Vantage.

We look forward to seeing you at the game on October 24th!

TO RESERVE YOUR TICKETS:
utahjazz.groups/ddivantage



FOR MORE INFORMATION, CONTACT:
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(801) 325-2320



Head Start Awareness Month

For over 60 years, Head Start has stood as a beacon of opportunity for children and families across the nation.

Each October, we celebrate Head Start Awareness Month, a time to reflect on the life-changing impact of comprehensive early childhood education, health services, and family support.

Since 1965, more than 40 million children have been welcomed into classrooms and homes where they not only learn but also thrive, surrounded by care that strengthens both their futures and their families. Today, Head Start serves nearly 750,000 children annually in every corner of the country, ensuring that every child has the foundation they need for success in school and in life.



THANKS FOR BEING A PART OF US!



JEDIEL RECENTLY FINISHED
SERVING ON OUR **EARLY HEAD
START POLICY COUNCIL** FOR 5
YEARS!

4 OF THOSE YEARS, WERE SPENT
SERVING AS THE COUNCIL CHAIR.
WE APPRECIATE YOUR LEADERSHIP
AND DEDICATION!

"Serving on the DDIV Policy Council helped me gain a better understanding of the program and its importance for children's development. I had the opportunity to meet more people and learn about their roles within the organization. It was also a chance for personal and professional growth, all while contributing to the community through my service hours. You don't need any prior experience to join the DDIV Policy Council; in fact, training is provided at every meeting so you can better understand and fulfill your role. Beyond that, all you need is the desire to help this program continue supporting other families, just as it helped yours and mine. I invite you to be part of something big and join the DDIV Policy Council."

-Jediel Millan-Garcia-

If you are interested in learning more,
please talk with your Family Advocate.
They can answer your questions and
tell you more about what serving on
Policy Council involves.

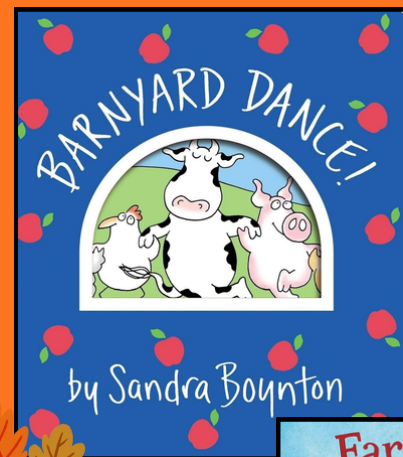
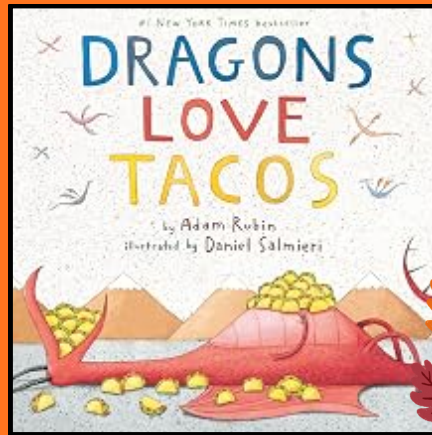
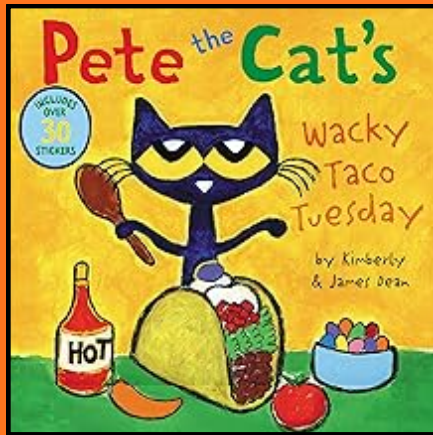
POLICY COUNCIL
APPLICATION

We need you.

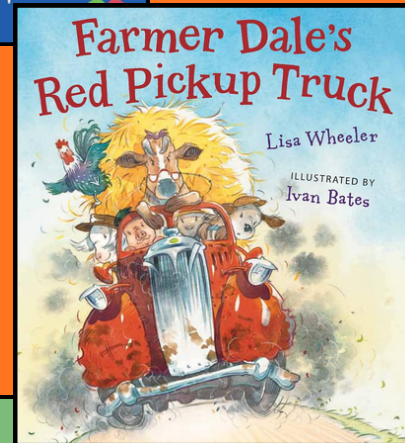
We need your ideas.

We need your voice!

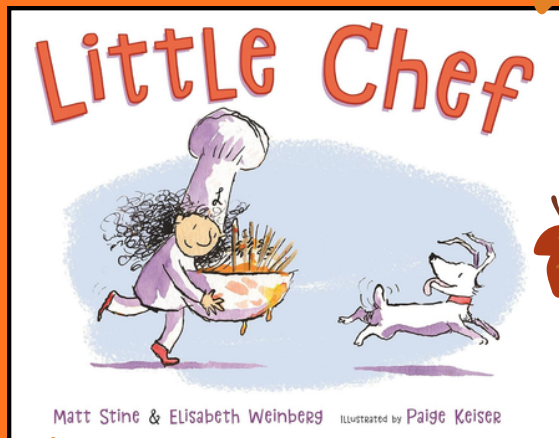
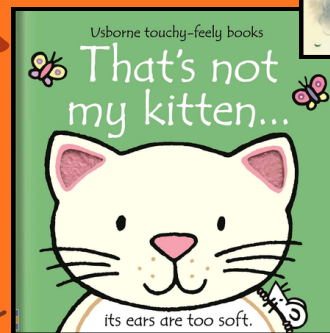
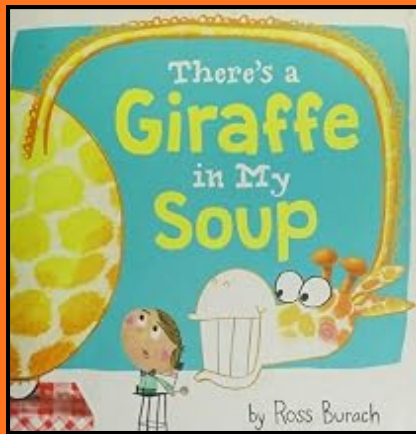
National Taco Day
October 4th



National Farmer's Day
October 12th



National Chefs Day
October 20th



National Cat Day
October 29th



National Pumpkin Day
October 26th

