

NEWSLETTER

JUNE 2026

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[Minimal-Cook Meal Ideas](#)

(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!

Our May socialization at **Wheeler Historic Farm** was a huge hit! Our **Early Intervention** and **Early Head Start** families had so much fun connecting, exploring, and making memories together.





vantage

Early Head Start

FREE
Car Seat
Safety
Inspections



**FOR MORE INFORMATION,
CALL OR TEXT TODAY**

**If you're in the
Millcreek or
Tooele area
801-839-8464**

**If you're in the
Taylorsville area
801-520-8530**

**Mission: To empower vulnerable children and families to
reach their full potential.**



DDIVANTAGE.ORG



It's Time To PLAY

Written by Chris Sorensen - Registered Nurse & Child Development Specialist



The Power of Play 0-12 months

Playing with your baby during the first year is important for learning. It helps social and emotional development, cognitive and motor development, sensory processing support and communication. Daily routines, like eating, bathing and diapering can naturally be learning times as well. As your baby's first play mate, the connection can be so much more.

0-3 Months : Bonding and Sensory Integration

Play during this time is crucial for a baby's comfort, social-emotional connections, motor coordination and strength. Talking to infants while holding them helps them to relax, regulate and focus. High contrast items or pictures for infants to visually locate encourages visual tracking. Tummy time on parent/caregiver's chest or firm raised surface to encourage head lifting to visually find a mirror or crinkly toy. Singing or just narrating what you're doing during your interactions with your baby supports social-emotional development.

4-6 Months: Motor Skills and Interactive Development

During this time, babies are learning to rotate on their tummy, roll over and prepare for sitting. They are also doing more cause and effect play. They have more cognitive awareness and desire to reach and explore. Offer safe teethers, rattles and soft toys to hold, shake and put in their mouth. Imitating the sounds they make, modeling some first sounds (ma, da, ba, mama, dada, baba) for a fun social turn-taking game. Mirror play can be a fun reward with supported rolling to tummy time. Even rotating toward a toy on each side to prepare for belly rotation. Supported sitting with a small bowl with infant toys to take out and make noise for simple problem solving. This is also a form of cause and effect play.

7-9 Months: Social Play and Intentional Movement

This time for babies is about more understanding their environment and interactions with others. Floor (army), hand and knee crawling and refined reaching with defined grasps are developing. Filling a small bowl or container with various textured, odd shaped and colorful baby items will support some sensory touch exploration. Placing yourself, a baby mirror or an interesting toy to encourage the baby to move toward. This will support forward motion with intention. Encouraging self feeding during meals and snacks. This helps with hand eye coordination. Even when they express wanting more, help them use the 'more' sign. This is done by having the finger tips of both hands tap together.

10-12 Months: Communication, Refined Motor Skills and Learning

As a baby nears their first year, they are refining fine motor skills, exploring their environment, playing some turn taking and social games, and imitating sounds and words. Social games like "Peek a Boo" and nursery songs with actions, like "Patty Cake", support emotional connections with others. It also supports simple imitation skills that are one of the foundations for language. Reading age related books often, pointing or patting the pictures and turning pages encourages cognitive development. They learn to associate sounds with pictures and hearing repetitive language. Having infant utensils and sipper cups available to explore, will build fine motor and hand eye coordination.

The 'Main Takeaways for Play' during your baby's first year.

Follow your baby's lead, noticing cues of alertness and readiness to interact. Be conscious of when your baby is overstimulated or bored, change the activity or be done with the interaction. Babies learn from repetition, and repeating their own actions. Guide them through repetition of sounds, actions and movements. Short, loving and happy moments are more effective than long, forced playtime. Think more about brief, thoughtful moments of playtime with your baby and enjoy!

Family Story

We started Early Head Start with my daughter and became even more involved when we found out we were expecting twins. The twins were born earlier than planned and Early Head Start assisted us through providing a variety of resources and services throughout the process.

We brought Alexander home as the surviving twin, and because he was so early, we needed all the services that were offered OT, PT, Hearing, PIP/Vision, Speech through Early Intervention and Early Head Start. With the assistance of each of these services, we were able to make realistic goals and worked hard on achieving them.

We are now graduating from Early Head Start with both my children, and they have both grown so much. We have accomplished all the goals that we have made with Early Head Start, and we greatly appreciate all that DDI has done for us.



-Stephenson Family



DID YOU KNOW?

The CDC has a free mobile app to track your child's milestones!

Tracking your child's milestones helps them grow and thrive. Find fun and easy ways to stay on track with the FREE newly updated version of the Milestone Tracker app.



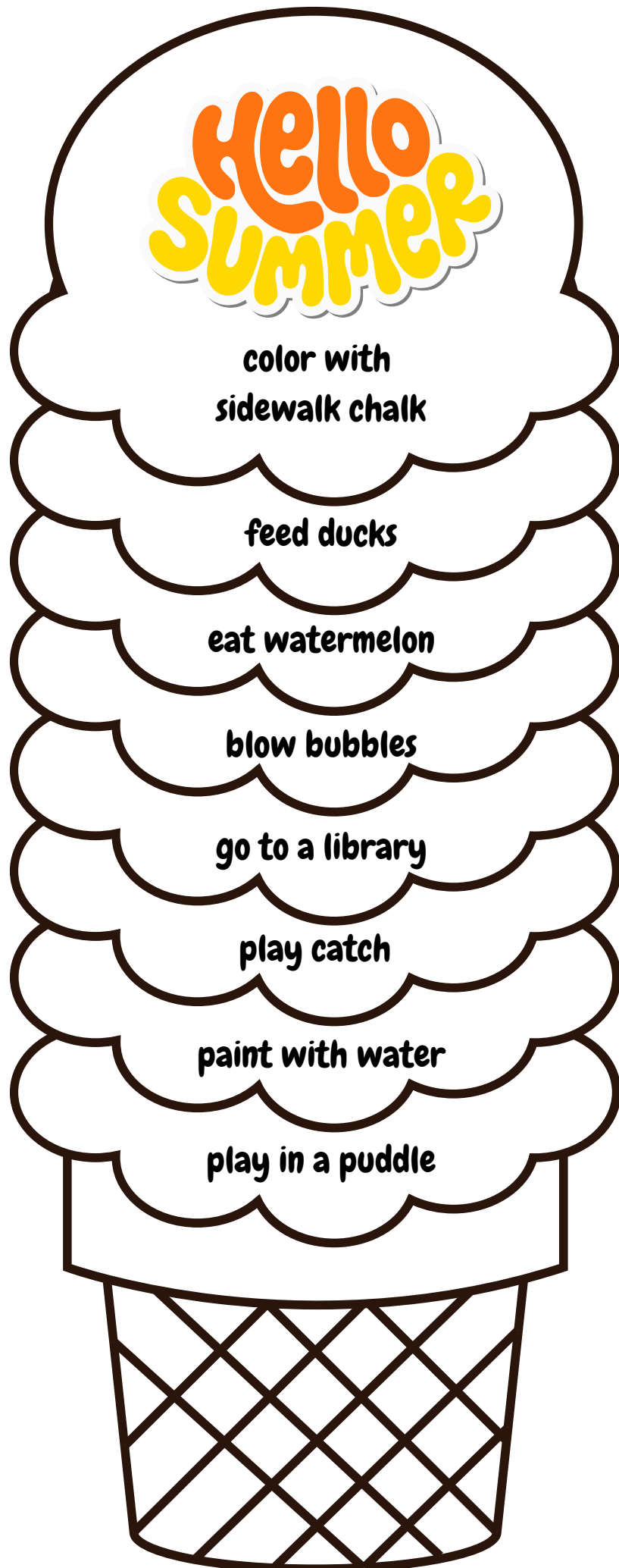
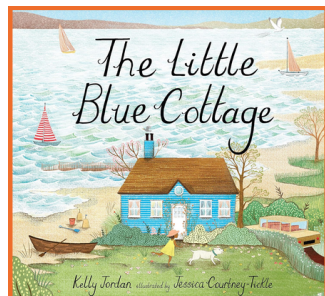
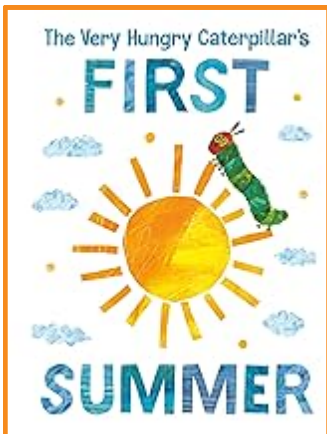
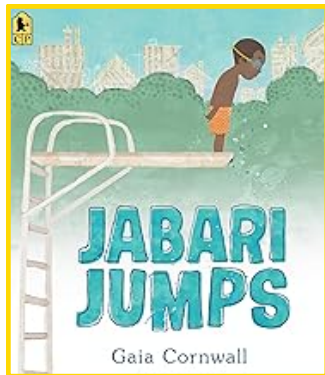
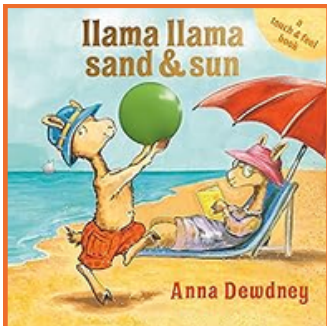
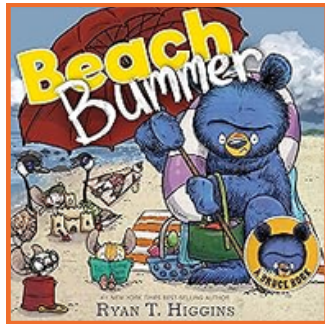
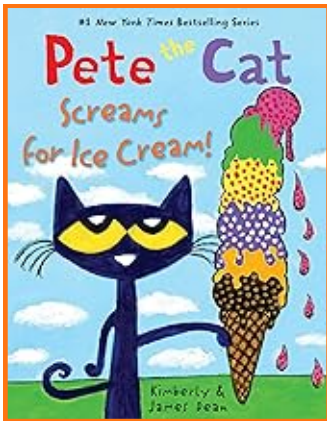
- Interactive milestone checklists for children ages 2 months through 5 years
- The ability to complete a checklist using corrected age for children born prematurely
- Photos and videos to help parents and caregivers recognize milestones
- Tips and activities for supporting early development
- An easy way to share developmental progress with their healthcare provider and others
- Appointment and developmental screening reminders
- And much more!

[Learn more at cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)



Color in each layer of the ice-cream cone when you complete the activity!

Summer Book Recommendations



Hello Summer

color with sidewalk chalk

feed ducks

eat watermelon

blow bubbles

go to a library

play catch

paint with water

play in a puddle