

Family Focus

A newsletter from DDI VANTAGE Early Intervention

September 2015



Focus on Staff

Chandra Sapkota, PEARL Award Recipient - 2015



Congratulations to our 2015 Pearl Award recipient, Chandra Sapkota. Chandra began his work with EHS over 5 years ago as a volunteer Nepali

interpreter. Soon after, he was hired as a casual employee. He worked hard to bring awareness of our services to his community. Before long, our enrollment and waiting list increased with so many Nepali speaking families that Chandra became a permanent fixture as an interpreter/translator.

Chandra continued his outreach and began helping with applications. He had a vision to work with families as a Family Advocate for EHS so he enrolled in a case management course offered by University of Utah. With enrollment of Nepali speaking families and the waiting list increasing monthly, the demand for more hours also increased. Eventually it was determined that there was a significant need for a Nepali speaking Family Advocate, and Chandra filled that role.

Chandra is dedicated to service as a leader in his community. He has a talent to connect with adults and children and recognizes the needs of both. His compassion, intelligence, and desire to serve are a big part of his essence. As a Family Advocate, he knows his responsibilities, completes them without delay and always offers support to staff in anyway he can. He also finds time to volunteer in the community.

Chandra has strong problem solving skills, always offering solutions in a well thought out, respectful and supportive way. He demonstrates a high degree of initiative and goes above and beyond the call of duty. He is loyal, dedicated, a respected leader, and a mentor. ***Congratulations Chandra!***

Calendar of Events

September 2015

September 7

Labor Day
DDI VANTAGE closed

September 12

*Family Fun Day
Starvation State Park, starts at 10:00 a.m. Bring your own picnic.
**This is not a DDI VANTAGE sponsored event. For more information call the Duchesne County Chamber of Commerce at 435-722-4598.*

September 15

Positive Discipline
East Site 5:00 - 6:00 p.m.
Child care is NOT available.
Call to register by September 14.
801-266-3939

September 16

Getting to Know Your Baby
Tooele Site 10:00 - 11:00 a.m.
Child care is NOT available.
Call to register by September 15.
435-833-0725

September 23

Positive Discipline
West Site 12:00 - 1:00 p.m.
Child care is NOT available.
Call to register by September 22.
801-957-0855

October 2015

October 13

Potty Training
Duchesne County Site
11:00 a.m. - 12:00 p.m.
Child care is NOT available.
Call to register by October 12.
435-722-3008

October 13

Teaching Appropriate Behaviors
East Site 5:00 - 6:00 p.m.
Child care is NOT available.
Call to register by October 12.
801-266-3939

October 14

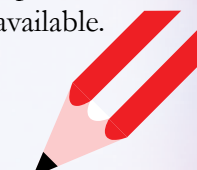
Infant Massage
Tooele Site 10:00 - 11:00 a.m.
Child care is NOT available.
Call to register by October 13.
435-833-0725

October 16

Fall Recess
DDI VANTAGE closed

October 21

Teaching Appropriate Behaviors
West Site 5:00 - 6:00 p.m.
Child care is NOT available.
Call to register by
October 20.
801-957-0855



Focus on Development

Focus on Health & Safety

Making an Attachment

Bonding with your baby is probably one of the most pleasurable aspects of infant care. You can begin by cradling your baby and gently rocking or stroking him or her. If you and your partner both hold and touch your infant frequently, your little one will soon come to know the difference between your touches. Both of you can also take the opportunity to be “skin to skin” with your newborn by holding him or her against your own skin when feeding or cradling.

Babies, especially premature babies and those with medical problems, may respond to infant massage. Because babies aren't as strong as adults, you'll need to massage your baby very gently. Before trying out infant massage, be sure to educate yourself on proper techniques by taking a class or checking out available books and/or videos for tutorials.

Breast-feeding and bottle-feeding are both natural times for bonding. Infants respond to the smell and touch of their mothers, as well as the responsiveness of the parents to their needs. In an uncomplicated birth, caregivers try to take advantage of the infant's alert period immediately after birth and encourage feeding and holding of the baby. Though ideal, this isn't always possible. Immediate contact isn't necessary for the future bonding of the child and parent.

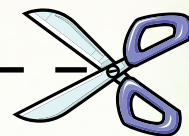
Adoptive parents may be concerned about bonding with their baby. Although it might happen sooner for some than others, adopted babies and their parents can bond just as well as biological parents and their children.

The Spread of Germs

Fall is around the corner, and with it cold and flu season. The best way to avoid getting sick is to be aware of how germs spread and take precautions, not only in the fall and winter, but all year round. Germs are spread through several common routes: Through the nose, mouth, eyes, stool, open sores, and occasionally urine. They are spread from infected droplets, infected body fluids, and stool which have passed from the body and have spread to items such as food, toys, table tops, fixtures, diapering areas, and contaminated drinking items.

These guidelines can help prevent the spread of germs in your home:

- Wash hands frequently and thoroughly.
- Clean and sanitize toys, furniture, and areas for eating, toileting, and diapering.
- Cover your mouth when sneezing.
- Keep wounds clean and use topical or oral antibiotics as prescribed if infection occurs.
- Immunize as required.



Focus on Thanks

I first learned about Early Intervention services when my daughter was two years old. She had chronic ear infections and as a result was having problems communicating and was also exhibiting behavior issues. A neighbor told me about Early Intervention and I decided to call them. DDI VANTAGE came to my home and did developmental testing with my daughter. The awesome, friendly staff put me immediately at ease. She had a PIP hearing service provider and attended Play 'n Learn classes at DDI VANTAGE. Early Intervention provided support to me as a parent. They taught me strategies to help my daughter with her communication. She started to use some signs and began talking. I am very grateful for Early Intervention services. They were a very positive influence in my daughter's and my life. They helped and supported me when I felt I didn't have the skills I needed to help my child. My daughter is now in college and doing well. She is realizing her dreams that I once questioned would ever be possible. I am so grateful for the extra boost that came from Early Intervention when she was little. I have no doubt that this helped her start a lifetime of success.

As an employee now for DDI VANTAGE, I think back almost every day to how I felt when I was going through the process. I want to make sure that each family that calls our agency feels like they are being heard, and that I will do my best to make sure their questions are answered. I want them to know they are making a positive step by calling Early Intervention. I know they might feel apprehensive and a little nervous, but I try and explain the process and hopefully put them at ease. I feel Early Intervention is such an important program. I hope that I can contribute as much as I can to the program that gave so much to me at a time when I needed their support.

~ Cara Carlson, Program Records Secretary at West

Focus on Learning Link

Focus on Community

Getting to Know Your Baby

Having a new baby is both exciting and challenging. Every baby is different and something that works for one child may not work for another. Here are some ways to get to know your baby.

Baby Sleep Patterns - Some babies need more sleep than others. As your baby gets older, sleep will change and become more predictable. This is what you can expect:

- *Newborn to 6 weeks* - Newborn babies sleep about 14 to 16 hours in a 24 hour period. It may not seem like they sleep this much because they only sleep a few hours at a time. This is normal. During the first 6 weeks, your baby's sleep will be unpredictable while still getting used to the new world around him/her, and may confuse days and nights.
- *6 to 8 weeks* - Your baby may sleep more at night due to spending more hours awake during the day. Waking at night is still normal and healthy.
- *About 3 months* - Your baby will sleep for longer stretches of time and wake less often at night.
- *About 6 months* - Your baby is able to sleep up to a 6 hour stretch at one time. Babies may have times when they wake up more often due to growth spurts, sickness, change in routine, or learning a new skill such as rolling over or crawling.

Understanding Your Baby's Cues

- Babies use cues to let their parent's know what they need. These cues are present from birth.
- Newborns are still learning to control their bodies and cues can be hard to understand. Watching your baby will help you learn what she needs.
- With practice, your baby will get better at giving cues and you will get better at responding to them.
- Responding quickly to your baby's cues will help you learn to communicate with each other and help develop your baby's sense of safety and security.

Steps to Help Calm Your Crying Baby - Babies use crying as a way to communicate many different things. They use crying to tell parents that they need their help. When your baby is crying:

- Try to figure out the reason for crying: Is your baby in need of a diaper change; too hot or cold; overwhelmed; tired; hungry; or uncomfortable? Sometimes your baby cries for reasons you can't determine.
- Hold your baby close to you.
- Repeat the same action over and over: Try speaking or singing softly; gently rocking, swaying or bouncing your baby; or gently massaging his/her back, arms, and legs.
- Above all, be patient. Calming your baby takes time. Sticking with the same action for several minutes before trying something different can be the secret to success.

Comcast Internet Essentials Low-Cost Internet

Comcast Internet Essentials offers internet access for \$10 per month to families who have children enrolled in the National School Lunch Program (NSLP). Eligible households will also be able to purchase a desktop or laptop computer for \$149.99 + tax.

The Internet Essentials program is available wherever Comcast offers internet service. Eligibility requirements to participate in the Internet Essentials program are:

- Have at least one child who qualifies for the NSLP.
- Do not have outstanding debt to Comcast that is less than a year old. Families with outstanding debt more than one year old may still be eligible.
- Live in an area where Comcast Internet Service is available but have not subscribed to it within the last 90 days.

Internet Essentials also includes online tutorials to learn how to make the most of your home Internet connection. Users will be required to re-enroll each year to ensure continued eligibility.

For more information or to apply for Comcast Internet Essentials, you can call 1-855-846-8376, or visit internetessentials.com.





DDI VANTAGE Early Intervention Locations

East:

575 E. 4500 S. Ste B210
Salt Lake City, UT 84107
(801) 266-3939

West:

3540 S. 5600 W.
West Valley City, UT 84120
(801) 957-0855

Tooele County:

165 S. Main Ste 200
Tooele, UT 84074
(435) 833-0725

Duchesne County:

10 S. 200 E.
Roosevelt, UT 84066
(435) 722-3008

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Serving children, adults, and families with special needs

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We happily accept your voluntary donations. We also appreciate in-kind donations such as **new** baby items, diapers, and toys. Thank you to all of those who have donated to our agency. We appreciate you!

Please accept my donation of \$_____ for the DDI VANTAGE Early Intervention Program.

Date:_____ Name:_____ Name of child enrolled:_____

Address:_____ Phone:_____

****Your generous donation will be directly available to benefit the children and families who are served in the DDI VANTAGE Early Intervention Program.**

Please mail donations to: DDI VANTAGE 565 E. 4500 S. Ste A220, Salt Lake City, UT 84107