

Truths & Tips

Back to school!!



Hi Everyone,

I assume everyone is back to school and finding their rhythm. New students, families, and teachers!!! I hope it has been great and fun in these first few weeks.

Do you think about these things before the school year:

1. How do you get to know your students? Why is it important?
2. How do you interact with first time parents who are dropping their child off for the first time?
3. What is your method of communicating with your parents at the end of the day about their child/your student (good, bad, or indifferent)?

Remember to look up and out, not down and in :-)

With Love,

Ms. Tevis

Work on it, not in it!

I hope you all took some time to be still and reflect over the summer about who and what you, as the director, assistant, teacher, and co-teacher, bring to the table. This reflection is for you, your students, your peers, and the program as a whole this school year. Also, recall what and why you are leaving certain things behind. Reflection is important to growth and healing. Reflection is important because, during those moments, you find answers to becoming a greater you!!!

Grace & Love

Let's talk about the importance of **advocating** for yourself and how it should start and be taught to our children. This should continue into adulthood. Understanding that it is important to advocate for ourselves when we are pregnant and for our children during pregnancy and after. Our birth journey as women, and especially as women of color, is full of highs, and in some cases, many lows. Learning about our body starts as a teenager and carries into adulthood. Asking questions of our doctors during pregnancy without feeling inadequate is important for our understanding. We must ask so we can empower ourselves with knowledge. We must do our own research and ask more questions to gain clarity. Reading and understanding what is being discussed and talked about when it comes to our babies and our bodies is one of the ways to assure we will have a safe and healthy pregnancy. The saying knowledge is power is true, and it stands to be true in many areas of our lives, and during our pregnancy, it is important because lives are at stake. Advocate for yourself and teach your children to do the same.

Cord Clamping

Is a procedure that separates the infant from the placenta. It stops the blood flow from the umbilical cord. This happens within the first 15-20 seconds, and the delayed cord clamping lasts for 30-60 seconds. This is done to reduce the risk of postpartum hemorrhage, and to prevent blood loss from the baby before the umbilical vessels close.

- Increased blood volume
 - Increased iron storage
 - Decreased risk of iron deficiency anemia
 - Better coping with the transition from the womb to the outside world
 - Decreased incidence of brain bleeds in premature babies
- This is something to think about after birth.

For More Information

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