

Truths & Tips News letter



Happy Fall Y'all!!!

I HOPE YOU ALL ARE HAVING A GOOD OCTOBER. I HOPE YOU ALL HAD A GREAT FALL BREAK IF YOU CLOSED FOR ONE. I HOPE THAT IF YOU ALL ARE HAVING A FALL FEST, TRUNK, OR TREAT OF SOME FAMILY, EVENT THAT IT IS THE BEST EVENT YET. WE ARE IN THE HOMECOMING SEASON AND WE ARE ATTENDING THE HOMECOMINGS OF THE COLLEGES MY DAUGHTER IS INTERESTED IN. TRYING TO MAKE MEMEMORIES IN EVERY ASPECT. AS WE CONTINUE ON THIS JOURNEY, I WISH YOU ALL AN ABUNDANCE OF ALL THINGS GREAT! WITH GRACE & LOVE, TEVIS

Language

Language in the classroom can include many things. 1. Routine (repeative) language is a language you use regularly. 2. Instructional language, which is used to teach new information. 3. Positive language, which is used to acknowledge and highlight what the students are doing well. This encourages them and shows them you appreciate them. These are used in the classroom by teachers and students. 4. Language can be verbal and nonverbal, or written. 5. Welcoming and inclusive environments for all language learners and their families. This would include picture books that are bilingual. Including dual language development.

We all teach differently; that's what makes us all unique. As long as the end goal is accomplished (milestones and growth) then no worries. Out of the 5 listed above which ones are you using? How can you start using them all?



1 Dysregulation

Dysregulation in the classroom is when a student has trouble managing their BIG emotions, behavior, and attention. This can look like

- disruption
- lack of following directions
- being in constant motion
- their emotional responses aren't sync with the situation.

- over reacting
- always irritable
- bursts of anger
- exaggerating
- crying

These things can make it hard for students to focus, remember, and follow instructions. This in turn can hinder academic growth and their overall well being.

Strategies for dysregulation:

- Create a space: It can be called calm down, peace, or reflection corners. In this space they can learn strategies for regulation.
- Teach self regulation: Help students rate their emotions on a scale and help them identify strategies to calm down.
- Reinforce good behaviors, behaviors that are desired. Acknowledge the students when they catch their behavior prior to it starting.
- Create a supportive and positive culture. Everyone should be encouraged to talk about positive things.
- Provide professional development that helps with mindfulness and mediation.

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THINGS GOING ON IN OCTOBER:

- BREAST CANCER AWARENESS
- HALLOWEEN
- SIDS AWARENESS
- HEALTH LITERATURE
- DOMESTIC VIOLENCE
- HIV/AIDS AWARENESS
- WOMEN'S HEALTH
- MENTAL HEALTH AWARENESS
- LEARNING DISABILITIES AWARENESS
- NATIONAL LEARNING AND DEVELOPMENT
- SYLLEXIA AWARENESS
- HEAD START AWARENESS
- INTERNATIONAL PRONOUN DAY
- NATIONAL DEPRESSION EDUCATION AND AWARENESS MONTH
- ADHD AWARENESS

Water births

Water births have been around for a very long time. Water births go as far back as 1805 in Europe. They became more popular in the 1980s and 90s. Researchers tried it in Moscow in the 60s. Obstetricians began using warm water baths in the 70s-80s. It became part of midwifery in the late 80s-90s.

There are cultures that give birth at sea. There are risk in this but they also say that is why dolphins have a closer liking to humans. There are tribal stories of women going to the shore to have babies in certain cultures, and dolphins come at a distance just for the connection.

Water births are considered safe and effective. The benefits of water births are that it is pain relief. Being immersed in water can reduce the pain and anxiety because it decreases the adrenaline production and relaxes your body. The warmer the water, the better because it helps produce endorphins, which are natural pain relievers. It can help the first stage of labor to be shorter. It improves the blood flow by reducing blood pressure and improving blood flow. This protects the baby from stress during labor. There are fewer medical procedures. The baby's Apgar scores are higher.

Many hospitals in Tennessee allow water labor but not birth. Meaning you can labor in the water, but prior to having the baby, mom will have to come out of the water.

Look into this, as it could be a great help for you and your next birth.



3 Doula vs Midwife

This is a very important question. What is the difference, right?

A doula and midwife offer different types of services, although they both support the childbirth experiences.

Midwives have medical training and focus on delivering a healthy baby. Doulas, focus on the needs of the mother, offering mental, physical, and emotional support before, during, and after birth.