

# Truths & Tips



## Hey Y'all!

The temperatures are changing, the leaves are changing colors, and the days are getting shorter. I do love fall and especially the colors that come along with it. But I can do without temperatures below 55 degrees! I hope you all have ball this fall!!!!

~TNH



I want to also recognize that it is **Breast Cancer Awareness Month**. I want to send an abundance of love to anyone who has fought and won the battle. If you may be fighting a battle or if you have lost someone during their fight or if you know someone who is in the fight. Keep fighting! Keep Pushing! Keep praying! Know that you are loved and thought of. I see that it is not an easy fight, but I know that God makes no mistakes and you got this!!



This is the season for fall festivals.

What fun will you all have? Will you all have a fall festival at your center? I say that if you do not this year think about doing it next year! Why? It is a time for families to spend time with each other, it is a time for families and staff to get to know each other. It is an opportunity for family and staff to gain some volunteer hours and it can also be an opportunity to fundraise for your program. Let's not forget it is a time to embrace the community you serve. I know a couple of our programs that are having a fall festival, and if they want to they can share their information in our group chat so if you live close by their programs or just want to take your kiddos or grands out for midday fun you can take them there! It is always good to support each other!

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Just a little tip for those who may be expecting or know someone who is. I would like to bring awareness to women about **preeclampsia**. Preeclampsia is one of the leading causes of maternal deaths worldwide, with Black women who are three to four times more likely to die from this compared to white women. Three main symptoms are high blood pressure, swelling of hands and feet, and protein in the urine. This is characterized by high blood pressure. It can begin after 20 weeks of pregnancy. It can lead to serious, even fatal, complications for both mother and baby. There may be no symptoms. If caught in time it can be managed with oral or IV medications.



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"My prayer is that my words and actions  
will always minister grace & love to  
others"

Let us talk about safe sleep for our infants and why it is so important. Hospital's swaddle, swaddling is okay until about 2-3 months and there are certain (swaddle gear) that are deemed safe by CDC. You are supposed to lay a child on their back until they can roll front to back all by themselves. If they cannot continue to put them on their back until they can. A child shall not sleep with a blanket until they are 13 months or older.

Nothing belongs in the baby's bed with the baby. Just the baby, a fitted sheet, and their pacy (without an attachment). At 13 mo. the child should be transitioning out of the baby bed and onto a cot. It is always good to check your infant every 15 min by touch to make sure they are breathing (properly).

[ChildcareTennessee.com](http://ChildcareTennessee.com) has resources on infant sleep, SIDS prevention, and how to create a safe sleep environment.

