

# SIVET EMPOWERMENT TRUTHS & TIPS



*Sivet Empowerment is running a special the rest of 2023. If you or anyone you may know is in need of coaching and/or consulting personal or professional we are running a special for \$100 an hour, once a week for the first three months out of a six month contract. Please look at my website for more details in what Sivet offers. Sign up for a free consultation. [www.sivetempowermentllc.com](http://www.sivetempowermentllc.com)*



**Greetings Everyone,**

I hope you all are having a great fall. Thanksgiving is next week and I hope that you all will spend time with all those you love and appreciate or relax in peace. I pray that you give thanks daily for all things in your life no matter the size. Wishing you all love and grace each day!

Sincerely,  
Ms. Tevis

## **Let's talk about teeth brushing.**

Why is it so important? When should we start? What if they don't like it?

It is important because it helps to remove bacteria and plaque that causes tooth decay and gum diseases. Which can be painful and or uncomfortable. You should also start brushing as soon as the first tooth comes through. No need to wait. If your child doesn't like it have them to lay their head on your lap and that will give you a good view and tell them how pretty and strong their teeth are. Teeth brushing is a healthy habit to start early.



8

*Days until  
Thanksgiving*

39

*Days until  
Christmas Eve*

47

*Days until New  
Year's Day*





**Biting...**how many of you all have experienced this in some capacity? Babies and toddlers bite for many reasons such as teething, self-expression, getting your attention, and showing love. Some may bite themselves out of frustration and the inability to express themselves. You can treat the bite with soap and water and apply a mild antiseptic with the family's permission. To get your toddler to stop biting try to be calm and firm, comfort the victim, comfort the biter, and redirect. Studies show that 1 out of 10 toddlers bite. Although hurtful it is normal. This stage will pass also.



## Benefits of Breastfeeding

- Get sick less and have a lower risk of allergies.
- have a lower risk of obesity and diabetes.
- Get nutrients that help strengthen and develop their immature immune system in a way no other substance can.
- Have a lower incidence of SIDS.
- Are on a path to optimal brain development.
- Have a reduced risk for ear infections.
- Are protected against respiratory infections including those caused by rotaviruses.

## Contact Details:

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