

SIVET EMPOWERMENT LLC.

TRUTHS & TIPS

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HEY EVERYONE!

I hope you all have had a great start back to your school year! I hope everyone will have a prosperous year filled with learning, maturing, growth, and obedience. I pray that you all understand the importance of leadership, relationships, and teamwork. I pray that each of you, your educators, students, and families show grace to one another and patience. I pray you all are proactive and not reactive to each other. Know that you are worthy, capable, and able. I pray for safety and a bright light on each of your programs. Walk by faith and not by sight.

Many Blessings,
T. Haynie

NATIONAL WOMEN'S DAY 8/9

BLACK GIRL MAGIC

BGM: Encourages unity among African American women while fostering and empowering a sense of self in all ladies. It is a term used to celebrate the strength and beauty of black women. CaShawn Thompson is an educator who claims to be "the mother of #BlackGirlMagic." When we say that phrase it is usually because we are proud of someone's uniqueness, and authenticity, and can see the self-love they have for themselves and others. You all display just that! #BlackGirl Magic!

TUMMY TIME

Why is it so important? Supervised tummy time is important because it helps to strengthen the baby's neck, shoulders, and arm muscles. This helps them prepare to be able to sit up, crawl, and eventually walk. This helps with their motor skills. This can begin as soon as they are born and between 2-4 months. Remember all babies develop differently and some may move faster than others in certain areas. They may fuss at first but they will get used to it. Remember it needs to be supervised!!

PHYSICAL TOUCH

There is an hour after birth called the golden hour for mother and child. This is the time when mom and baby have uninterrupted skin-to-skin contact for at least the first two hours. This helps minimize stress and attempts for breastfeeding begins. Skin-to-skin, breastfeeding, and immediate bonding Touch is essential for human survival. Babies who are deprived of that can fail to thrive, lose weight and even die. Their growth hormones are also low. A lack of touch increases feelings of stress, anxiety, and depression in humans no matter the age.