



Introducing...  
**GRACE & LOVE**

Doula Birth Services

*We are compassionate and give support and guidance throughout pregnancy, childbirth, and postpartum.*

*We also offer personalized birth planning, continuous emotional and physical support during labor, evidence-based information, advocacy for your preferences, and postpartum care.*

*Experience a nurturing and empowering journey with a dedicated doula by your side.*

**Truths & Tips Newsletter**

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**GREETINGS!!!**

Hey Everyone!  
I hope you all are doing well!  
My hope is that all the dad's and father's you know are having a great Father's Day! I know our Black father's have a hard time in this world. Some pushed upon them and sometimes they make it hard for themselves. Remember to show appreciation to them not just today but everyday!  
Have a great week!

**SUMMER TIME ACTIVITIES**

- ✓ Ask your child to write how old they are.
- Line up little cars and talk about first, second and last with your child.
- Throw a ball back and forth.
- High and low.
- ✓ Outline your child's hand and number fingers 1-10.
- Help your child remember their full name and your phone number.

**ANXIETY IN CHILDREN**

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress.

- Common anxiety signs and symptoms include:
- Feeling nervous, restless or tense.
  - Having a sense of impending danger or panic.
  - Having an increased heart rate.
  - Breathing rapidly (hyperventilation)
  - Sweating.
  - Trembling.
  - Feeling weak or tired.

Reaction

- Clinging to their caregivers more than normal.
- Regressing to former (younger) behaviours.
- Changes in sleeping and eating patterns.
- Higher irritability.
- Increased hyperactivity.
- More afraid of things.
- More demanding.
- More frequent crying.

**BLACK MATERNAL HEALTH**

- ✓ Always encourage your family and friends to ask a lot of questions.
- ✓ Black women die 3-5 times more than white women do to complications at birth and after.
- ✓ Seek out a doula for more education about your maternal health.

