

ISSUE #12 JANUARY 2024

SIVET EMPOWERMENT TRUTHS & TIPS



Happy New Year!!!

BY: TEVIS N. HAYNIE

Hi Everyone,
I hope that you all had a very happy holidays with family and friends. I also pray you were able to find time to love yourself and take some deep breaths. We made it into another year!

Wishing each of you a joyful & prosperous New Year!
May all your dreams come true,

Sivet Empowerment & Love & Grace



Things to look forward to:

Every Tuesday Truths w/Tevis on IG (sivetempowermentcoaching) & FB (Sivet Empowerment Coaching & Consulting)

The 15th of every month Truths & Tips Newsletter (please sign up on the website)

(www.sivetempowerment.llc.com or email me personally tevis.haynie@gmail.com)

If you know any ECE programs, or new businesses who desire coaching, consulting, and/or training in leadership development, organizational development, or maternal health support please share my information with them.

1. WE SUPPORT IN CREATING A BUSINESS PLAN AND DISCUSS THE IMPORTANCE OF HAVING ONE
 2. HOW TO SUCCESSFULLY OPEN AND RUN A SUCCESSFUL ECE PROGRAM OR SMALL BUSINESS
 3. GRADUATING COLLEGE STUDENTS; WHAT TO LOOK FOR WHEN SEEKING EMPLOYMENT IN THE ECE FIELD.
 4. ECE PATHWAY: LICENSING RULES.
 5. WHAT DOES HAVING A DOULA'S SUPPORT LOOK LIKE?
 6. WHY IS MATERNAL HEALTH SO IMPORTANT? HOW YOU CAN BE SUPPORTIVE. SO MUCH MORE.
- WWW.SIVETEMPOWERMENTLLC.COM



Twelve Features of Play

BY TINA BRUCE

- Children Use Experiences
- Children Create Rules
- Children Use Symbols
- Children Choose to Play
- Children Rehearse Their Future
- Children Play Alone Sometimes
- Children Pretend
- Children Play Cooperatively
- Children Have a Play Agenda
- Children Are Deeply Engaged
- Children Try Out New Skills
- Children Coordinate Ideas, Feelings, And Relationships

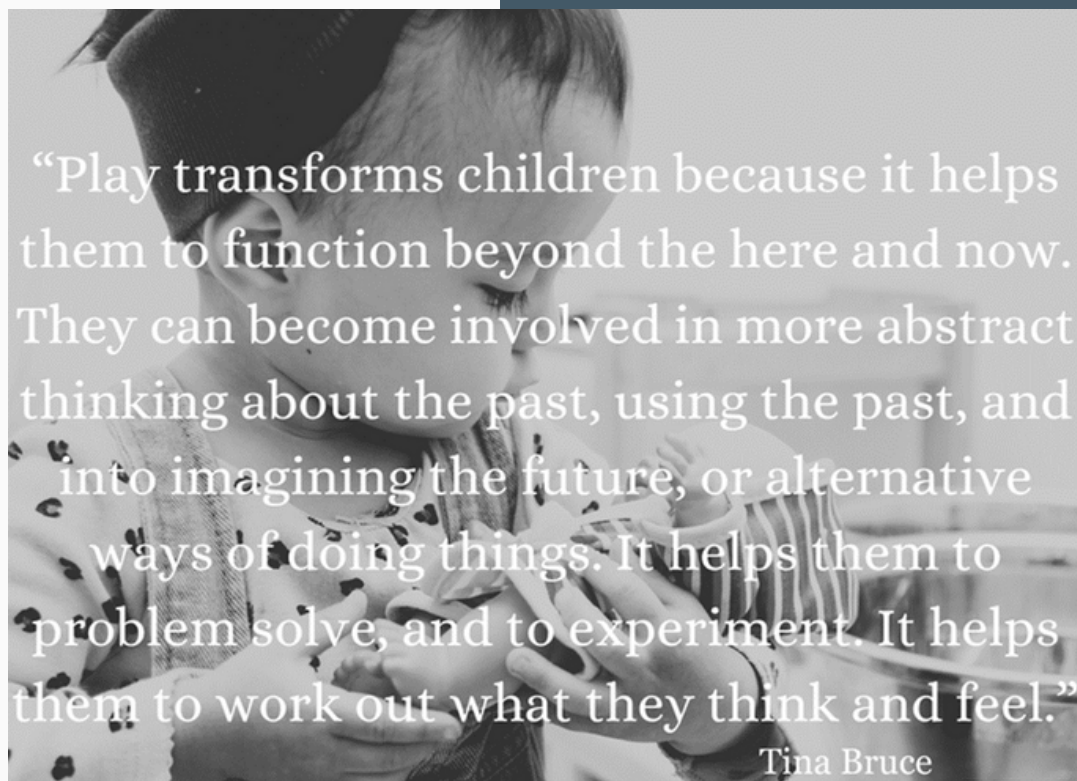
How can you apply this to your classrooms?

Do you do any of these thing at your program?

How can you start utilizing some of these ideas?

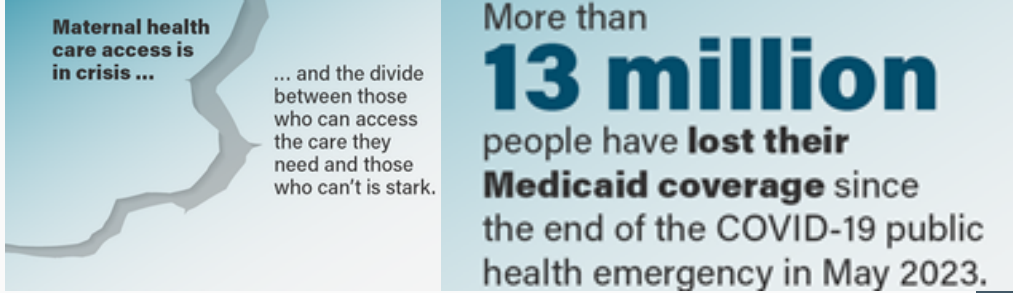
Let me know how I can help.

Play-Based Learning
Resources:
[The Lego Foundation-
Learning Through Play](#)
[The Power of Playful
Learning in the Early
Childhood Setting](#)
[Embracing Learning
Through Play](#)
[How to Support
Children's Approaches
to Learning? Play with
Them!](#)



“Play transforms children because it helps them to function beyond the here and now. They can become involved in more abstract thinking about the past, using the past, and into imagining the future, or alternative ways of doing things. It helps them to problem solve, and to experiment. It helps them to work out what they think and feel.”

Tina Bruce



Maternal Health/Women's Health

BY ACOG & TN DEPARTMENT OF HEALTH

I was reading the TNDH newsletter that I receive that talks about maternal health. There was a writing titled Access In Crisis. As I continued my reading it was discussing "Access to maternal health care has increasingly become unobtainable for many patients in the United States." Because of financial, staffing, and policy challenges that are occurring in hospitals, it is forcing patients to travel longer distances or in some cases go without needed care. One-third of U.S. counties are considered maternity care deserts, (2022 March of Dimes report). We know that many states are childcare deserts.

People don't always understand the importance of the postpartum period. The 12 months after delivery can be critical also. Maternal mental health conditions are serious and continuous care during this time is important. These crises are most profoundly found in the Black, American Indian, and Alaska Native women, whose maternal mortality rate is two to three times higher than that of white women. Medicaid must do better in continuing the insurance coverage well after delivery.

Encourage your woman friends and family to schedule their annual wellness exam. Cervical cancer is largely preventable and is primarily caused by the Human Papillomavirus (HPV), which can be caught early through screening, or prevented by vaccination. Early detection of pre-cancerous cells can also prevent the development of cervical cancer. Explore www.tn.gov/cervicalcancer for additional information.

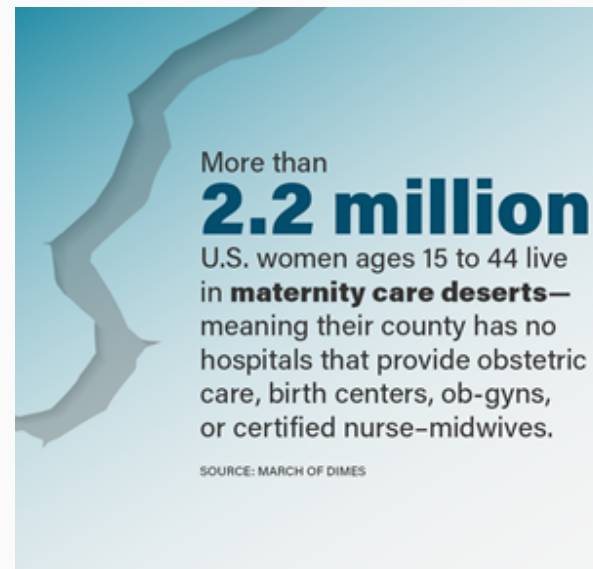
If individuals are low-income, lack insurance, or face coverage limitations for screening services, they may qualify for free breast or cervical cancer screenings. Contact a local health department or visit www.tn.gov/tbcsp for more details.

To learn more about Birth defects, please visit the [TNBDSS website](http://TNBDSS).

Maternal Health
Awareness Day
January 23rd

Cervical Cancer
Awareness Month

National Birth Defect
Awareness Month



MATERNAL HEALTH AWARENESS DAY
JANUARY 23, 2024 • ACCESS IN CRISIS