

TRUTHS & TIPS

THE MONTHLY NEWSLETTER OF SIVET
EMPOWERMENT LLC (GRACE & LOVE)

HAPPY LOVE MONTH EVERYONE,
I PRAY YOU ALL ARE DOING GREAT
THIS MONTH AND THAT YOU FEEL
LOVED NOT JUST ONE DAY OUT OF
THE YEAR BUT EVERY DAY!
I HOPE THAT WE CAN GET TOGETHER
AND FELLOWSHIP NEXT QUARTER. I
WILL SEND OUT A SURVEY AT THE TOP
OF APRIL TO SEE WHAT DAY WOULD
BE GOOD.
CONTINUE TO LOVE, GROW AND
SUPPORT EACH OTHER AND YOUR
FAMILIES!
HAPPY LOVE MONTH!
GRACE & LOVE,
-TEVIS



SELF-AWARENESS

WHAT IS SELF-AWARENESS? IT IS A CRUCIAL SKILL THAT IS NEEDED TO DEVELOP AND MAINTAIN RELATIONSHIPS. SELF-AWARENESS IS YOUR ABILITY TO PERCEIVE AND UNDERSTAND THE THINGS THAT MAKE YOU WHO YOU ARE, INCLUDING YOUR PERSONALITY, ACTIONS, VALUES, BELIEFS, EMOTIONS, AND THOUGHTS. IN THE EARLY CHILDHOOD CLASSROOM, SELF-AWARENESS IS YOUR ABILITY TO RECOGNIZE BOTH YOUR STRENGTHS AND WEAKNESSES AS AN EARLY CHILDHOOD PROFESSIONAL.

TAKE A FEW MINUTES AT YOUR NEXT STAFF MEETING AND HAVE YOUR TEAM ANSWER THESE QUESTIONS. GIVE THEM TIME TO REFLECT ON THE QUESTIONS AND ENCOURAGE THEM TO BUILD THEIR SELF-AWARENESS SKILLS. THE ANSWERS TO THESE QUESTIONS CAN HELP THEM IDENTIFY AREAS THEY CAN IMPROVE ON, MENTOR OTHERS, AND ENABLE YOU, AS THE DIRECTOR OR ASSISTANT DIRECTOR, TO DEVELOP GROWTH PLANS AND ADD TO THE PROFESSIONAL DEVELOPMENT PLANS.

1. WHAT ARE YOUR STRENGTHS AS AN EARLY CHILDHOOD PROFESSIONAL?
2. WHAT ARE SOME AREAS THAT YOU STRUGGLE WITH AS AN EARLY CHILDHOOD PROFESSIONAL?
3. WHEN YOU HAVE AN ISSUE AT WORK, DO YOU TEND TO SHUT DOWN YOUR EMOTIONS OR FEEL OVERWHELMED BY THEM? PLEASE PROVIDE AN EXAMPLE ALONG WITH YOUR RESPONSE TO THE QUESTION.
4. ARE YOU ABLE TO IDENTIFY AND MANAGE YOUR EMOTIONS WITH EASE, OR DO YOU FIND THE PROCESS DIFFICULT?
5. WHEN YOU ARE ASKED TO TRY SOMETHING NEW, ARE YOU EAGER TO TAKE ON THE CHALLENGE, OR DO YOU ASSUME YOU WON'T BE ABLE TO HANDLE IT?

TIP:

PRESCHOOL NEWSLETTERS ARE AN EFFECTIVE AND RELIABLE METHOD OF KEEPING PARENTS INFORMED ABOUT THEIR CHILDREN AND THE SCHOOL. THEY ARE A BETTER ALTERNATIVE TO WEEKLY PARENT-TEACHER MEETINGS. WHETHER IN EMAIL OR LETTER FORMAT, NEWSLETTERS ARE AN EXCELLENT WAY TO CONNECT WITH THE PRESCHOOL COMMUNITY.

HOWEVER, BEFORE CREATING A NEWSLETTER, IT IS ESSENTIAL TO GATHER ALL THE INFORMATION YOU WANT TO INCLUDE IN IT.

YOU CHOOSE TO MAKE IT WEEKLY, MONTHLY, BI MONTHLY OR QUARTERLY. HIGHLY ENCOURAGE YOU TO START!

MORE TRUTHS & TIPS

TEVIS HAYNIE



FEBRUARY IS AMERICAN HEART HEALTH MONTH

- DURING THIS TIME WOMEN ARE ENCOURAGED TO FOCUS ON THEIR CARDIOVASCULAR HEALTH.
- IT IS THE LEADING CAUSE OF DEATH FOR WOMEN IN THE U.S.
- AROUND THE SAME NUMBER OF MEN AND WOMEN DIE EACH YEAR IN THE UNITED STATES AND IT IS LARGELY PREVENTABLE.
- HOWEVER, FEWER WOMEN THAN MEN SURVIVE THEIR FIRST HEART ATTACK.
 - 90% OF WOMEN HAVE ONE OR MORE RISK FACTORS FOR DEVELOPING HEART DISEASE OR STROKE.
- REMEMBER THAT YOUR HEART IS THE HARDEST WORKING ORGAN IN YOUR BODY.
- 1 IN EVERY 4 PEOPLE DIES OF HEART DISEASE EACH YEAR IN THE UNITED STATES
- CORONARY HEART DISEASE IS THE MOST COMMON TYPE OF HEART DISEASE AND ACCOUNTS FOR 1 IN 7 DEATHS IN THE US.
- IN THE US, SOMEONE HAS A HEART ATTACK EVERY 40 SECONDS. EVERY 60 SECONDS, MORE THAN ONE PERSON IN THE US DIES FROM A HEART DISEASE-RELATED EVENT.
 - SOME OF THE RISK FACTORS:
 - 37.7% OF US ADULTS ARE OBESE, ONE OF THE RISK FACTORS FOR HEART DISEASE.
 - IT IS THE LEADING CAUSE OF DEATH FOR AFRICAN AMERICANS, HISPANICS, AND WHITES.
 - NEARLY ½ OF ALL AFRICAN AMERICAN MEN AND WOMEN HAVE A FORM OF HEART DISEASE
 - NEARLY 1 OF EVERY 3 AMERICAN ADULTS HAVE HIGH LEVELS OF LDL CHOLESTEROL.
 - TO KEEP YOUR HEART STRONG:
 - 80% OF HEART DISEASE AND STROKE EVENTS MAY BE PREVENTED BY LIFESTYLE CHANGE AND EDUCATION
 - GETTING ACTIVE-PHYSICAL ACTIVITY HELPS TO PREVENT HEART DISEASE
 - LEARN ABOUT LOCAL HEALTH RESOURCES
 - GET YOUR SCREENINGS SUCH AS:
 - BLOOD PRESSURE
 - BLOOD SUGAR
 - CHOLESTEROL,
 - BODY MASS INDEX

Birth defects

Most birth defects take place during the first three months of pregnancy. One out of every 33 babies in the US is born with a birth defect.

Birth defects may affect how the body looks, works, or both. Some birth defects like cleft lip or neural tube defects are structural problems that can be easy to see.

The most common birth defects are:

- Heart defects
- Cleft lip/palate
- Down syndrome
- Spina bifida

Things that make you high risk for birth defects are:

- Smoking
- Drinking alcohol
- Taking certain drugs during pregnancy
- Certain medical conditions (obesity, uncontrolled diabetes)
- Having someone in your family with a birth defect.

How to prevent:

- It is best to take a daily prenatal vitamin that includes at least 400 micrograms of folic acid. You can start taking prenatal vitamins when you are of reproductive age, when you're actively trying to conceive, and or as soon you find out you are pregnant.
- Plan ahead
- Avoid harmful substances
- Choose a healthy lifestyle
- Talk with your healthcare provider.

