

March 2024

SIVET EMPOWERMENT

GRACE & LOVE

TRUTHS & TIPS



Hey Everyone! Happy March! Happy Entrepreneur Month!

I hope you all are doing well and preparing for the spring season. The first day of Spring is March 19th and ends June 20th.

My plan is still to get us together next quarter to meet in person. I hope we can pull it together. If not we will try to do a virtual meeting for sure.

In this issue let's talk about:

- The importance of newsletters.
- "Happiness is Mother's Milk"
Let's learn about lactation.
- World Doula week is Mar. 22
- Reducing Resistance

REDUCING RESISTENCE

Administrators or teachers may experience challenges with engaging a caregiver in a discussion about challenging behaviors. It is important to reduce resistance in order to work with the parent to support their child.

Techniques for reducing resistance

- Set a Positive tone
- Identify strengths of both the child and caregiver
- Express empathy
- Support and build collaboration
- Honor shared expertise - teachers are experts in early learning - parents and guardians are experts in their children
- Neutralize power dynamics - for example, meet at a shared table rather than while behind a desk
- Practice supportive refocus - for example when a caregiver redirects the conversation away from effective problem-solving by bringing up personal problems, redirect back to the topic of discussion. Example: "It is frustrating to see your ex-spouse shower Joey with toys, but I know that you want to help Joey succeed in school. Let's see if we can find a way to help Joey take more responsibility for his homework."
- Request a Parent/Caregiver Observation - The caregiver is engaged in the observation process and given an observation form to observe their child at home in situations likely to produce the behavior in question. The parent will also observe the child at school. Schedule time for feedback and problem-solving. To be cont.-



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Monday 3/4/24 on the podcast I co host (Real Talk Monday) we spoke with Ms. Tyresa Husbands about the importance of nursing our babies. Please like, follow, share and view!

“Happiness is Mother’s Milk” Let’s learn about lactation.

You can find this on Facebook: Real Talk Monday or on YouTube: RevJHG3Ministry

Also, as you all know I am a birth doula and World Doula week is Mar. 22. On the show I will have one or two birth doula’s on to speak of why having a doula is so important to the whole of mom and baby during pregnancy, labor, and post. (I am not sharing names because this is coming out prior to the show. Anything could happen like being called out for a birth.) Will share thier information in the next newsletter.

Please check out my website:
www.sivetempowermentllc.com
Facebook: Sivet Empowerment Coaching & Consulting
Instagram: Sivetempowermentcoaching

THE IMPORTANCE OF NEWSLETTERS

Parents get most of the information about the kids’ schedule and activities from your newsletter.

Tips:

- Make it short and sweet (they get overwhelmed by lengthy ones.)
- Remember to put the most important details, on the front:
 - A calendar of upcoming school events.
 - A space for some of the kids’ major milestones and achievements,
 - Highlights of what they learned in the past month
 - School menu

It is a good idea to encourage parents to get involved and contribute to the newsletter.

- If they discover some useful parenting tips and articles, they can share them.

Get creative and make your newsletter an open and informative space for both kids and guardians!

To be cont.-



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