

# NEWSLETTER

SIVET EMPOWERMENT  
WWW.SIVETEMPOWERMEN  
TLLC.COM

ISSUE 4 | 05/15/2023

IG:SIVETEMPOWERMENTCOACHING

happy  
Mother's  
day



## HAPPY MOTHER'S DAY

Hi All!

As we approach a holiday that should be celebrated every day. I think of all the mothers who have gone on and the imprints they left in our hearts. I also think of all the mothers who are still here. Single moms, married moms, working moms just all the awesome moms who are present and active in your children's lives no matter life's circumstances. I will not fail to acknowledge those moms who have stepped up and stepped in for those who weren't able. Keep showing up moms!

We love you!

TNH

## TRUTHS & TIPS

### SHAKEN BABY SYNDROME

Is a very serious brain injury resulting from forcefully shaking an infant or a toddler. This usually occurs when a parent or caregiver severely shakes a child in frustration or anger often because a child will not stop crying. When this occurs there is a chance for permanent brain damage/injury to come into play. Symptoms are irritability, difficulty staying awake, seizures, unconscious, abnormal breathing, vomiting, and poor eating. Treatment will vary such as surgery or breathing support. DON'T SHAKE THE BABY!!!

### 3 TYPES OF MANAGEMENT QUESTIONS

As a director, building relationships & performance are important.

1. Ask your employee about their aspirations.
2. Try to understand their current situation.
3. Ask about their future goals.

As much as we may want to keep them with us forever it is always important to encourage people to do and be their best for themselves so they can be the best for you!

### NATIONAL PHYSICAL FITNESS MONTH

Physical activity has many benefits for toddlers, such as:

- It helps strengthen muscles, lungs, and the heart
- It helps improve coordination and reflexes
- It helps children maintain a healthy weight
- It creates health habits
- It improves memory and attention
- It boosts brain health and reduces depression

