

cribnotes

INTRODUCING MINDFULNESS PRACTICES AT THE NURSERY

The children we serve at the Nursery experience a significant amount of stress in their everyday lives. Stress is hard to manage and it's difficult for children to recognize and verbalize what they're feeling. They may become angry or moody, cry or scream, withdraw and not participate in activities or conversations, or cling to adults. Stress can also be physical in children, manifesting itself in headaches, bedwetting, nightmares, decreased appetite, and upset stomach.

To address the increased stress levels in the children we serve, we are implementing mindfulness practices, which create awareness of the present moment and acceptance of emotions, to help children who stay at the Nursery manage and reduce this stress. These techniques will help them self-regulate and better control their emotions.

In partnership with the Center on the Developing Child at Harvard University, Nursery staff will begin introducing mindfulness practices to children in our care this fall. These activities will give staff new strategies for responding to challenging interactions with children who present behavioral issues as the result of family crisis.

A nonprofit organization, Mindful, explains that mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not be overly reactive or overwhelmed by what's going on around us.



**MINDFULNESS HELPS HIGHLY
STRESSED AND ANXIOUS
CHILDREN CALM DOWN, INCREASE
FOCUS, REDUCE AGGRESSIVE AND
IMPULSIVE BEHAVIOR, AND DEVELOP
IMPROVED SELF-REGULATION.**

Our staff and volunteers will be practicing activities that help children focus attention, slow their breathing, and concentrate on how it feels to move their bodies. When a situation becomes overwhelming, a child may listen to a tuning fork, raising their hand when they can no longer hear it. If a child is angry and doesn't know what to do with those feelings, they may be encouraged to lie on their back with a bean bag animal on their belly, breathing in and out slowly to rock their baby animal to sleep. To regain control, a child may practice mindful walking, where they think about their feet and notice how it feels to take each step.

Our staff will be able to share these practices with parents as well so they can help their child calm down and adjust how they react to their emotions outside of the Nursery.



LETTER FROM MARY PAT

I think it's safe to say that we would all like to feel a little more in control of our emotions from time to time. When someone cuts you off in traffic, when you've accidentally double booked yourself, or missed a deadline, that predictable feeling of stress appears. We may hit the gym, go to a yoga class, or meditate, because we know these things help us feel grounded and better able to navigate stressful times.

At the Nursery, we're working with the Center on the Developing Child at Harvard University to teach children how to manage their emotions, because we know that when children are better able to control their reactions, and express their feelings, it creates a healthier dynamic between the parent and child.

We know that the children who come to the Nursery have experienced something called toxic stress, which can lead to big emotions that a child isn't equipped to deal with. The Center on the Developing Child explains that toxic stress occurs when a child is frequently facing adversity, "such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support."

In addition, toxic stress can cause health issues, and it's common for the children who stay at the Nursery to suffer from these stress-related symptoms: headaches, insomnia and nightmares, eczema, asthma, gastrointestinal issues like nausea and upset stomachs or IBS.

One of the ways our staff support children during these times of stress is through mindfulness practices. These new techniques help children process their emotions, and practice ways to regain control. We share these activities with parents as well, so they can have the tools to help their children at home, away from the Nursery.

Mindfulness is a nonjudgmental awareness of the present, and just as we commit to not judge the families we work with, we hope to help children recognize their feelings without judgement. We are excited to introduce this new practice at the Nursery, as we continue to explore the newest and most innovative ways to strengthen families and keep kids safe.

Mary Pat Lee
Executive Director

GIVE TO THE MAX DAY

GIFTING MADE EASY!

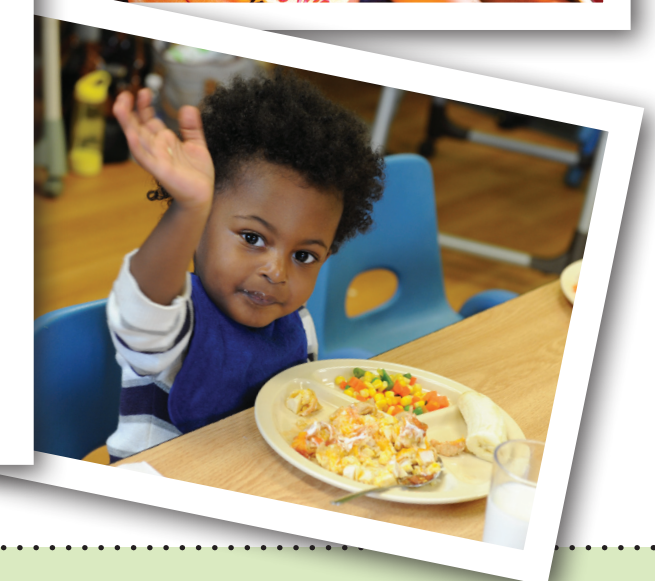
Show your Minnesota pride! As the second most charitable state in 2016, Minnesotans pride themselves on looking out for others.

Show your support for the Nursery on Minnesota's largest giving day, Give to the Max Day, on Thursday, November 16.

Your generosity on this day makes a difference far beyond this 24-hour giving event, and will put a big smile on our kids' faces! Making a gift is easy – on November 16, visit GiveMN.org and search for Greater Minneapolis Crisis Nursery to give.

Did you know that you can increase your impact by asking your employer to match your gift? Many companies match gifts to help their employees make a difference in their communities.

Want to make an impact, but don't want to wait? You can! Go to GiveMN.org to schedule your Give to the Max Day gift between November 1-15. Then you can smile, too – knowing you're making a difference in the lives of our community's most vulnerable children and families!



give
TO THE
MAX 
NOV. 16, 2017

TO GIVE, GO TO GIVEMN.ORG
SEARCH GREATER MINNEAPOLIS CRISIS NURSERY

VOLUNTEER SPOTLIGHT

Here are some jaw-dropping numbers that illustrate just how big of an impact our volunteers make.

TOGETHER, YOU
DONATED OVER
22,500
VOLUNTEER
HOURS
THIS PAST YEAR

12 CHILD CARE
VOLUNTEERS
CELEBRATED THEIR
5 YEAR
ANNIVERSARY

That's a lot of quality time playing and laughing with the kids in our care!



COOK FOR KIDS VOLUNTEERS
FILLED 681 SHIFTS

cooking over half the meals served to our kiddos.

SAVING
THE NURSEY
ALMOST **\$70K**
IN FOOD COSTS!

WANNA BE PART OF THE MAGIC?

Check out www.crisisnursery.org/volunteer to find a great fit for you. It can be a one-time opportunity with friends or colleagues, or a long term role as a child care volunteer.

**GIVE AN HONOR CARD THIS HOLIDAY SEASON FROM
GREATER MINNEAPOLIS CRISIS NURSERY.**

Double the joy of giving and brighten the life of a child.
Your holiday greeting benefits children at risk and supports
Greater Minneapolis Crisis Nursery's mission to end child abuse
and neglect and create strong, healthy families.



To order, complete and mail the order form on the back,
visit crisisnursery.org/holidaycards or call 612-767-8468


4544 4th Avenue South, Minneapolis, Minnesota 55419


























































































































































































































WHAT'S NEW

We have some exciting ways to get involved and support the children at the nursery!



MONTHLY GIVING


Introducing our monthly giving program! Monthly giving is a convenient way to join a group of dedicated supporters to make a greater impact. Your sustainable support helps ensure the Nursery is doing the most good for our community's most vulnerable children and families. If you love the Nursery and want to show your commitment, become a founding member of our monthly giving program, Circle of Hope.

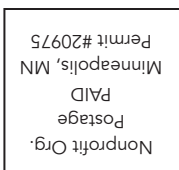
To become a Circle of Hope member head to www.crisisnursery.org/monthlygiving

BE A HOLIDAY HELPER!

GMCN's Holiday Helper program supports families who access our services during the winter season of giving. Donated gifts are distributed to families based on their specific needs. Help make a family's holiday season bright.

Download the Holiday Helper Wish List at www.crisisnursery.org/HolidayHelper

Follow us on Facebook to stay connected. 



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