

cribnotes

HELPING CHILDREN COPE DURING TIMES OF STRESS

All children, but particularly children at the Greater Minneapolis Crisis Nursery, need guidance and support from parents and other caregivers to learn how to deal with stress and build the skills necessary to control their behavior and emotions. The Crisis Nursery has been fortunate to partner with the University of Minnesota's Institute for Child Development and Harvard University's Center on the Developing Child to develop program improvements that reduce instances of stress for our children, while also giving them coping tools to manage their stress and anxiety while at the Nursery.

Various stress-reduction strategies, inspired by research on mindfulness practices, were developed and implemented with Children's Services staff at the Nursery. Crisis Nursery staff found the strategies to be useful and effective in working with the children in our care. Using a few different strategies, we were able to measure changes in children's behavior over a period of one year. The first six months of this project included measuring behaviors before any stress-reduction techniques were implemented. During the next six-month period following the introduction of these techniques, we found the stress-reduction strategies significantly improved self-regulatory behavior and coping skills in our children, but they have not yet begun to affect instances of aggressive behavior.

**WE ARE EXCITED ABOUT THE
PROGRESS THAT WE HAVE SEEN
THUS FAR, BUT WE KNOW THERE
IS STILL MORE WORK TO BE DONE.**



We plan to continue to use these stress-reduction strategies in hopes of increasing instances of positive behaviors and reducing negative behaviors in our children. We also hope to develop accessible resources for parents, as well as incorporate these stress-reduction strategies into our Clinical Home Visiting program.

These methods will also be incorporated in our Nursery Way training materials, as we help other organizations adopt specialized trauma-informed care protocols to better support young children's development of self-regulation skills despite exposure to adversity and trauma.



GROWING OUR COMMUNITY

The children who stay at the Greater Minneapolis Crisis Nursery come to us having experienced an incredible amount of stress and trauma. They may be living in extreme poverty or they might be homeless, they may have witnessed a violent incident within their community or within their own home, or they could be living with the constant stress of inconsistency and constant disruption in their lives. These experiences often cause a child's stress level to become toxic. Toxic stress can impair brain development and interfere with a child's ability to develop self-regulatory behaviors.

Thanks to research, we know that the impact of toxic stress can be mitigated, even repaired. By providing care for children that recognizes their unique needs, we can help them to manage the extreme feelings they experience and reduce their levels of stress.

We are very encouraged to see how well children are responding to the stress-reduction strategies we've incorporated into our Nursery Way practices. Their improvements in self-regulatory behavior and coping skills are significant.

At the Nursery, we believe in "continuous improvement." By continuing to incorporate new and evolving science into our practices, by strengthening our partnerships with scholars and thought leaders, and by increasing our collaborations with our nonprofit peers, we can do an even better job of preventing child abuse and neglect and creating strong, healthy families.

Mary Pat Lee
Executive Director

give TO THE MAX

NOV. 15, 2018

MAKE A MIGHTY IMPACT THIS FALL!!

You are part of the amazing community that pulls together to support local children and families in need. This November 15, join in Give to the Max, Minnesota's largest giving day, to make a big difference in the lives of families who receive life changing support from the Nursery.

MAKING A GIFT IS EASY!

Simply visit www.crisisnursery.org/GTMD between November 1-15.

DOUBLE YOUR DONATION!

Many employers offer matching gifts to help their employees make a difference in their communities. Check www.crisisnursery.org/donate to see if your company will match your gift. It's one of the easiest ways to make an even greater impact!



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

VOLUNTEER SPOTLIGHT

Volunteers are making amazing things happen at the Nursery!

INCREDIBLE!

TOGETHER, YOU
DONATED OVER
25,000
VOLUNTEER
HOURS
THIS PAST YEAR

A GROWING COMMUNITY

OVER

80 new Cook for Kids teams

50 new Creative Snack for Kids teams

90 new Child Care volunteers joined the Nursery

"I am thankful to be able to help out a great group of people doing such great work for the community."



ALMOST

70%

of meals were prepared by Cook for Kids volunteers

THAT'S OVER **750**

delicious, homemade meals that filled the tummies of the kiddos staying at the Nursery

SAVING
THE NURSERY
OVER

\$85K
IN FOOD COSTS!

COME BE A PART OF THE FUN!

Visit www.crisisnursery.org/volunteer to find a fit that's perfect for you.



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**



OPTION 1

Kid Art Card

5 x 7, includes white enclosure envelope.

The perfect choice for those who want their card ready to send.

Inside Message:

Warmest wishes for a holiday season filled with joy, laughter, and time with loved ones.

Artwork made by the little hands at the Crisis Nursery.

A donation has been made in your honor to Greater Minneapolis Crisis Nursery. It will help to prevent child abuse and neglect by creating strong, healthy families.

Prices

Number of pieces (cards or vellum)	Price per piece	Tax-deductible donation per piece
1-99	\$5.00	\$2.00
100+	\$4.00	\$1.00



OPTION 2

Vellum Insert

4 x 6

The perfect choice for those who prefer to send their own card or letter, but want to share with the recipient that a donation has been made in their honor.

Message:

A donation has been made in your honor to Greater Minneapolis Crisis Nursery. It will aid in the prevention of abuse and neglect of the most vulnerable children in our community.



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

2018 Holiday Card Order Form

Name _____

Company _____

Address 1 _____

Address 2 _____

City / State / Zip _____

Phone _____

Email _____

CARD STYLE

of Cards

Amount

Kid Art Card

Vellum Insert

Additional Donation

Total: _____

PAYMENT

- ☐ Check enclosed, made payable to Greater Minneapolis Crisis Nursery
- ☐ Charge (please circle) Visa MC American Express Discover

Account Number _____

Expiration Date _____

Security Code _____

Cardholder's Name (print) _____

Signature _____

Billing Address (if different from above) _____

BECAUSE OF YOU

The work of the Nursery is sustained by a generous community of donors who made these achievements possible.

 **3,618 CALLS**
FOR HELP ANSWERED

1,936 
REFERRALS
PROVIDED TO FAMILIES

523 CHILDREN
FROM 286 FAMILIES
STAYED AT THE NURSERY



6,054 TIMES
CHILDREN WERE
TUCKED INTO BED AT
THE NURSERY

OF PARENTS

99% reported the Crisis Nursery helped them alleviate their current crisis

98% reported they now have strategies to keep themselves and their families safe

92% have gained a better understanding of child development while working with the Crisis Nursery



MAKE A DIFFERENCE

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



JOIN CIRCLE OF HOPE

Circle of Hope, the Nursery's monthly giving program, is one of the easiest and most sustainable ways to make a difference. Your monthly donation provides continued support to children and families all throughout the year. Visit www.crisisnursery.org/monthlygiving to see how effortless, convenient, and impactful a monthly gift can be.


Sign up and join the growing community
www.crisisnursery.org/monthlygiving



BE A HOLIDAY HELPER!

Make a child's holiday season brighter. The 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.

Learn more at
www.crisisnursery.org/HolidayHelper

Follow us on Facebook to stay connected. 

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
TWIN CITIES, MN
PERMIT # 32674

