

cribnotes

A CHILD'S FIRST TEACHER

Parents are their child's first teacher. They have a unique opportunity as the first person to listen and offer comfort, to show their child how to smile, feed themselves, and express emotions. They are the first people to encourage exploration, curiosity, and problem solving.

Parents teach their children so many things, helping them realize the world is a safe place where they can grow and learn. Recognizing that parents play a crucial role, it's important that families have the tools to help their child develop. This includes helping children learn to regulate their emotions and ask adults for help, so they feel safe trying new things.

Families who use the Nursery's services are invited to receive free home visiting services. Working in partnership with parents, our social workers provide longer-term, intensive support to families who face multiple barriers, like poverty, homelessness, unemployment, and mental health concerns. These issues are extremely stressful for a family and can take precedence over time spent nurturing a child.

While solving a current crisis and meeting basic needs are being addressed, there's another component that's just as important: strengthening the relationship between a parent and their child. When a parent has a better understanding of their child's developmental needs, and understands the importance of the relationship between themselves and their child, the risk of abuse and neglect decreases.

The Nursery's clinical home visitors have recently begun implementing an evidence-based program: Parents as Teachers. This globally recognized model was developed when educators noticed that children were entering school with varying levels of school-readiness. As a child's first teacher, we can help parents by sharing the tools to understand and encourage their child's development, helping more children to be prepared to learn.



The internationally-recognized evidence-based home visiting model is backed by 35 years of research-proven outcomes for children and families.

PARENTS AS TEACHERS HAS FOUR MAIN COMPONENTS:

- | | |
|---------------------|--------------------|
| 1 Personal Visits | 3 Resource Network |
| 2 Group Connections | 4 Child Screening |

TOGETHER, THESE COMPONENTS LEAD TO FOUR PRIMARY GOALS:

- 1 Increase parent knowledge of early childhood development and improve parent practices.
- 2 Provide early detection of developmental delays and health issues.
- 3 Prevent child abuse and neglect.
- 4 Increase children's school readiness and success.

Parents as Teachers helps families recognize when a child has developmental delays, health issues, or other factors. By addressing these issues, parents work to ensure that children are on track to meet cognitive, language, and physical development benchmarks. That's why the Parents as Teachers model invests in a child's earliest years in life, from prenatal through kindergarten.

PARENTS AS TEACHERS

We are proud to announce that we're launching a globally-recognized evidence-based model, Parents as Teachers, as part of our clinical home visiting program.

At the Nursery, we believe that parents want what's best for their kids, but like many things in life, certain obstacles can keep dreams from being actualized. That's why we're partnering with parents to give them the knowledge and tools to help ensure their child is ready for school, entering kindergarten on an even playing field with their peers.

Parents as Teachers is an evidence-based program, which means it uses a defined curriculum or set of services which has been validated by some form of scientific evidence.* According to John Jay Research and Evaluation Center, to be considered evidence-based, a policy, program, or practice must be tested according to rigorous standards. Several experimental or many quasi-experimental studies — ideally carried out in different locations and at different times — must demonstrate significant community or client improvements that are consistent with articulated goals.

Prior to becoming approved to offer an evidence-based model, our clinical home visiting program provided services that were informed by evidence, but for a variety of reasons, the families we partner with were not eligible for the evidence-based models. The Minnesota Department of Health recently approved additional models to broaden the reach and serve more families that previously didn't qualify.

Each clinical home visitor receives special training on the Parents as Teachers model before they begin working with families. They then use this training and experience, as well as the client's values, to determine exactly how to apply the Parents as Teachers model for each individual family. Our goal is to implement aspects of the model in a manner that ensures that our clients will successfully reach their personal and program goals.

Practicing this evidence-based model means marrying the evidence, the expertise, and the values of the agency and the client. Bringing these things together allows us to build stronger relationships with our clients and increase their chances of success.



A handwritten signature in black ink that reads "Mary Pat Lee".

Mary Pat Lee
Executive Director

We're proud to be partnering with Parents as Teachers to give parents the knowledge and tools to help ensure their child is ready to enter kindergarten on the same level as their peers.

*U.S. Department of Health & Human Services, Child Welfare

LEAVING A LEGACY

Tracy and Tom Murphy believe that “what you put out into the world is what you get back.” They model this for their kids and want to continue making a difference, even when they’re no longer here. That’s why they’ve decided to leave a legacy.

Tom shared, “If you believe in the purpose, the mission, and the impact of an organization, then you should support them, and trust them to continue to do that work.”

When asked why they chose to include the Nursery in their estate plans, Tracy was quick to answer, “Our legacy gift is an investment in the Nursery’s future. It completes the circle – just because you are gone, doesn’t mean the work that you care about today stops. A legacy gift helps ensure that what you’ve been a part of has the ability to continue, to become complete.”

Tracy continued, “When you believe in the mission and vision of an organization, the way we believe in the Nursery, you should trust them to use your gift in the way that will best support the longevity and health of the organization.”

After experiencing some challenges as a family, Tom and Tracy acknowledged how different their experience could have been without their strong support network.

“If you don’t have that community surrounding you, willing to help, what would you do? It would probably feel futile.”

That’s why they want to make sure everyone has access to a community of support that will help them during the toughest times in their lives.

Tracy and Tom believe the world can be a kind, safe place where people are treated with respect and differences are valued. Tracy added “I think the Nursery is teaching this to children. You can trust adults, you can trust yourselves, and you can trust each other. You can find support here.”

TOM & TRACY MURPHY



“Consider the possible long-term results of what you are doing. If you make a donation, that is just the beginning. Imagine the possibilities of what leaving a legacy can do.”

As far as the process of creating an estate plan, Tracy shared, “It’s super easy once you get started, and a great attorney can help.” But there’s another aspect that’s important to them as well: “It’s a great opportunity to think about what we value, and to match that with an organization that shares these same values.”

Ready to learn more about leaving your own legacy?
Visit crisisnursery.org/legacy

INTERVIEW WITH MAX:

MAX BELIEVES THAT EVERY CHILD SHOULD HAVE MULTIPLE ADULTS IN THEIR LIFE. THAT'S WHY HE SHARES HIS TIME WITH THE CHILDREN AT THE NURSERY.

The kids at the Nursery are so lucky that Max became a Child Care volunteer, working alongside the Child Development staff to care for the children who stay overnight at the Nursery.

Volunteering at the Nursery allows Max to serve a community he really cares about (kids!). Through volunteering, he is able to put his personal strength of calmness to use while also challenging himself to be more playful. Because the children staying at the Nursery have experienced trauma, finding calm within themselves can sometimes be challenging. Max shared, "The absolute best [feeling] is when I can help a kid feel what calmness is like and they let go of their tension."

During a recent volunteer shift, Max noticed a child who was too overwrought to eat in the dining room. Together, they stepped into the hallway, where it was quieter and less stimulating. Max acknowledged the child's feelings and offered encouraging reassurance. As she settled down, Max encouraged her to notice what the calmness felt like. Before long, she had harnessed these feelings so well that she later exclaimed to a teacher, "I nearly fell asleep!"

Helping children discover coping mechanisms to manage their emotions is an important practice at the Nursery. Learning to cope with big feelings is a life-long skill that helps children in all aspects of their lives.

There are other things that bring Max joy when volunteering - like going down the side-by-side slides with an initially cautious two-year-old, or watching siblings take care of each other. Max shared a touching story about a set of siblings that he was caring for. While feeding a child during dinner, an older sibling approached and asked if they could help. Max explained the importance of cutting the food into small pieces and being gentle, and then



"I'm grateful that these kids' parents trust me to join their circles."

handed over the feeding duties. Soon after, another sibling approached, also interested in helping, so the eldest then relayed the same coaching and shared the feeding duties. "Watching the two of them so seriously taking on this responsibility was a real highlight."

The Nursery is an important place to Max. He believes that, "the Nursery is a partner for parents. Parents want to give their children the best care, but they can't do it alone—no one can. Many are fortunate enough to have family or friends who can pitch in. When not, we're there. And we're not just taking care of immediate needs. While I'm helping the Child Development staff work with the kids, there is another branch of the organization working with the parents."

When asked why he chooses to support the Nursery, Max explained "I can tell I'm needed. When I'm with the kids, I have no doubt they are the most important people in the whole world."

VOLUNTEER NEWS

**A BIG CONGRATULATIONS
TO OUR VOLUNTEERS
CELEBRATING ANNIVERSARIES!**



CHILD CARE

20 YEARS

Evan Cyrilin
Nancy Husnik

15 YEARS

Ben Youngstrom

10 YEARS

Bobbie Carlson
Ivy Booth

5 YEARS

Tom Albin
Judy Canney
Cheryl Carmichael
Ashley Carmichael
Karen Nielsen
Dawn O'Laughlin
Melissa Peers
Sue Schultz
Ann Shaw

COOK FOR KIDS

10 YEARS

Lisa Taylor
Mortenson Construction

5 YEARS

Shir Tikvah Congregation
Cheryl Cooper Boyd
Thrivent Financial
Amanda Bakken
Shawn Brown
Bell State Bank & Trust
Speak the Word
Church International
Dean Weiman
Holy Nativity Lutheran Church
Delta Sigma Theta Sorority
SYSCO Minnesota
Church of the Open Door
Best Buy Corporate
Starbucks


THANK YOU!


EVENTS

THANK YOU!
FORMULA FOR HOPE

Presented by
 **Wealth Management**

Thank you to everyone who joined us at our annual luncheon this May. In addition to learning more about how the Nursery partners with parents, this year attendees got hands-on by making snack packs for the kiddos staying at the Nursery, creating sensory bottles to help children practice mindfulness activities, and got digital with an interactive story to get a glimpse into some of the challenges families face.

Producing Sponsor: **STORYSTICK** marketing 

Gold Sponsors:  **Bellisio** FOODS
the beautiful foods company®

Silver Sponsors: Alina Health, Medtronic, Partners in Pediatrics, PNC, Mary & William Zimmer

Bronze Sponsors: Ballard Spahr, Blue Cross Blue Shield, BNC National Bank, Bremer Bank, LymanDoran, Delta Dental, Marsh & McLennan Agency, Norwest Equity Partners, PwC, Robins Kaplan, US Bank, The Westin Edina Galleria

We look forward to seeing you next year!

.....

SAVE THE DATE!
HARVESTING HOPE IS
FRIDAY, SEPTEMBER 27



Join us for a night
of momentous fun!

This annual wine tasting event, sponsored by Haskell's, is an evening of great wine and good friends, all to support the critical work of the Nursery. Delectable foods, top wines and spirits, and spectacular company await.

Learn more: CrisisNursery.org/events.



CHECK OUT WHAT'S HAPPENING AT THE NURSERY



LOOK INSIDE

IT'S BECAUSE OF YOU!

Because of you, we're able to help ensure parents have the knowledge and resources to support their children, and that children have a nurturing environment at home. When children's social and emotional needs are met, they are better supported to reach their full potential and can grow up healthy and ready to learn.

You are helping to prepare children for success in education as well as in life.

crisisnursery.org | 763.591.0400

Nonprofit Org.
Postage
PAID
Minneapolis, MN
Permit #20975

greater minneapolis
crisis nursery
4544 - 4th Avenue South
Minneapolis, MN 55419