

cribnotes

From the Nursery to Middlebury College ONE FAMILY'S STORY

Malachi Raymond is thriving following his first year at Middlebury College, one of the top schools in the country. His mom, Quendy, was feeling sentimental (and proud) as he prepared to head to college last summer, so she decided to write notes of gratitude to the community that helped her raise Malachi.

I wanted to reach out and say thank you. As a single parent I always knew whatever reason I deemed worthy that you were a safe, caring and nurturing place to leave my son and I thank you, your staff and your donors for that.

~ Quendy

"I was so touched when I received Quendy's letter," says Nursery Executive Director Mary Pat Lee. "Hearing that our services made such a difference reinforces the value of the work our Nursery team does every day."

Single working mom

When Malachi was born, Quendy was 25, single, and trying to balance being a new mom with her job as a family advocate for Simpson Housing Services. Sometimes she had to spend weekends in her office catching up on her workload. Malachi was in daycare during the week, but she didn't have family or friends who could care for him at other times, and she couldn't afford to hire a babysitter. That's when she turned to the Nursery.

"What I loved was that the Nursery let you define your crisis, and for me it was always work," Quendy says. "It was hard to find places to take Malachi outside of daycare, and the Nursery is the one and only...especially on the weekends. It's such a premier resource for that 0 to 6 age group."

On being worry-free

"It's always hard leaving your child anywhere when they're so young – Malachi was like 2, 3, 4, and little

kids that age need your full attention unless they're napping," Quendy says. "It was so nice to have a free, safe, warm place where I could drop him off and know he was in good hands. I knew he'd eat well, there were safety and other protocols in place, I knew things would be charted and documented, and I never had to worry that something would happen to him."

Even though Malachi doesn't remember the times he stayed at the Nursery, he, too, is grateful. "I can see that the Nursery was not only helpful for me, but also for my mom as a single parent," he says. "It created a space that allowed her to do her work, which allowed her to continue providing for me so I could grow up and become who I am."

As Quendy talked about the Nursery, she wondered, "If this resource isn't there for people, what's the outcome?" Fortunately, Quendy and Malachi never had to find out. Instead, today Quendy shares, "Thank you for being in the village of safety nets and supports that helped to raise and care for my son. I truly think his story and future epitomize all the work that the Crisis Nursery does!"



Thank you for being the village of safety nets and supports that helped to raise and care for my son.

~ Quendy

EVENT NEWS:

You're Shaping the World in Which we Live

FORMULA FOR HOPE

"The choices we make today — right now — will shape who today's children become. And who they become will shape the world in which we live."

~ Formula for Hope Keynote Speaker Duchesne Drew, president of Minnesota Public Radio

Thanks to everyone who joined this year's virtual Formula for Hope event on April 27! We were inspired by video messages from Nursery staff and volunteers, spoken word artist RaKi, ComMUSICation, and a powerful message from MPR President Duchesne Drew. Together, we raised over \$250,000 to provide critical resources for children and families who partner with the Nursery. If you missed it, you can still donate at CrisisNursery.org/FFH

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VOLUNTEER ANNIVERSARIES

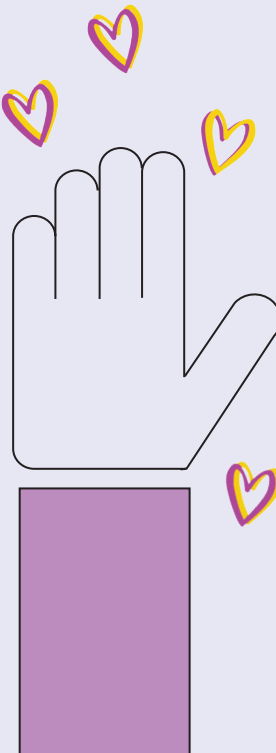
Our wonderful group of volunteers is a critical part of the Nursery team. We have missed having you onsite during the pandemic and can't wait for you to return to the Nursery as soon as it is possible. This month we recognize the following people celebrating anniversaries. Thanks for all the time and love you've given the Nursery over the years.

CHILD CARE ANNIVERSARIES

- 20 YEARS**
Mark Eckes
Mark Miller
- 5 YEARS**
Michelle Bruch
Emily Clark
Nicky Grimmus
Jill Hannay
Briana Hass
Donna Idstrom
Michelle McAteer
Kay Rogers
Jennifer Salveson
Sandra Sampair
Paula Sondergaard

COOK FOR KIDS ANNIVERSARIES

- 20 YEARS**
General Mills-MBC
Women's Gourmet Club
- 15 YEARS**
Faegre Baker Daniels
The Junior League of Minneapolis
- 5 YEARS**
Bellisio Foods
Marcia Bronaugh
Lauren Butterwick
Chelsea Couillard-Smith
Flannery Delaney
Doran Leadership Partners
EHS Hospitality Class
Megan Goodrich
Hennepin County
Laurie Krause
Mars Supply Minneapolis
Method Home Products
Michael Mooney
Shelly Mydra
Pediatric Residency Program - U of M
Kym Simmons
Megan Slindee
Hilary Smedsrud
Story Stick Marketing
University of St. Thomas
Delta Sigma Pi
Western National Insurance Group
Lisa Williams



SIX MEALS A DAY? Here's why.

The Nursery puts science into action, making things predictable and giving children a sense of control. One example: Kids feel stress in their tummies, which makes them not want to eat. "It's awful to be made to eat," says Nursery Board Member Megan Gunnar, PhD. So, at the Nursery, we intentionally feed kids six times a day. If they don't want to eat, it's okay, because they have many opportunities to eat later.



MINDFUL STRESS REDUCTION PRACTICES: Mindful Eating

We use a lot of mindful stress reduction practices at the Nursery to help kids feel calmer. One of the techniques we use is mindful eating — a good idea for adults and kids alike! Really focusing on what you're eating can make a meal calm and meditative.

Want to try it? Here are a few basic tips:

- Unplug. Don't have the TV on; don't be on your phone.
- Sit down at the table.
- Eat slowly. Put your fork down between each bite, and chew thoroughly. Don't go for the next bite until you've fully swallowed the first bite.

How do we do it at the Nursery? We ask children to notice things like what the food feels like (Is it soft? Hard? Crunchy?), what colors they see on their plate, and what the food smells like.

You can do the same. Here are some other fun ways to try mindful eating with your kids:

- Eat with your non-dominant hand.
- Close your eyes while chewing.
- Express gratitude for healthy food and the person who prepared it.
- One at a time, pay attention to how your food smells, looks, feels, and tastes, and talk about it with your kids.

PARENTING TIP: Give Your Child Choices

When a child comes to the Nursery, parents don't need to bring anything except the child's medications. We have a wonderful room full of donated children's clothing, arranged by size, and we let the child pick out whatever they want to wear, even if it doesn't match or doesn't fit perfectly.

Giving kids choices helps them have a feeling of control over what they do — an important step in growing up, and an important tool we use at the Nursery. Letting kids make choices builds self-esteem,

teaches problem-solving and responsibility, and, maybe best of all for parents, helps reduce conflict.

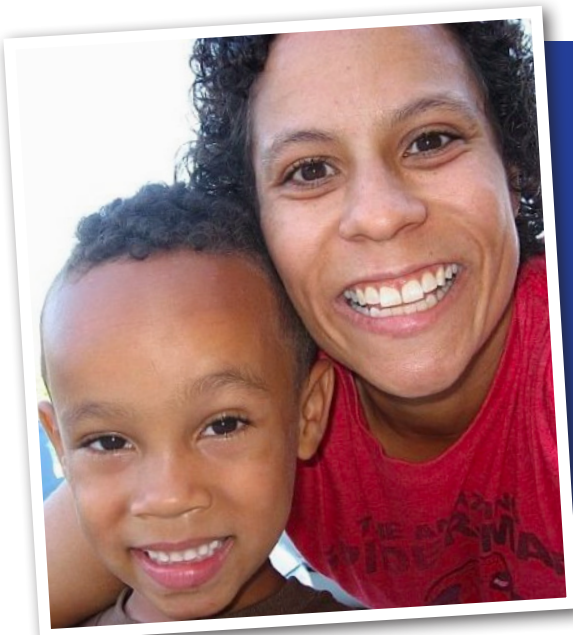
Try it at home: If your child needs to get dressed for school, you can give them a choice between the red shirt or the black shirt. If they're hungry for a snack, you can let them choose between an apple or a cheese stick. Of course, sometimes kids don't get a choice, like touching the hot stove. But the more times they are allowed to choose, the more they'll be able to accept the non-negotiables.



Making an Impact at the Nursery!

96%

of parents say they learned new techniques to reduce stress.



What's inside

- From the Nursery to Middlebury College: One family's story
- Life-changing support for families: What the president of MPR has to say
- Helpful tip: It's all about choices
- Celebrating our volunteers!

? Do you have questions about the Nursery? We want to hear from you!
Email us at info@crisisnursery.org

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