

1st Grade Helper

It was early in the school year when a mother called in a panic because her first grade son, Carter had been kicked out of school for aggressive behaviors and she didn't have anyone to care for him. Carter has difficulty understanding his emotions and when they overwhelm him, he reacts with anger to try and control the situation. Carter experienced the trauma of losing his father at an early age and his mother, Denise, struggles with how to help Carter handle his emotions.

Denise called the crisis line and Corey, one of our family advocates, set a time for them to come to the Nursery. After touring the Nursery and seeing where Carter would play, eat, and sleep, Denise felt safe knowing that Carter would be cared for and loved while staying at the Nursery. Denise told Corey all about Carter - what he liked, what made him upset, the things about him that made her proud. Together, they set goals for the staff to work on with Carter during his stay. Denise gave Carter a long, tight hug and left for work. It reminded her of the first time she dropped him off at daycare and she blinked through her light tears.

The first day of Carter's stay, he was calm and quite, feeling out his new space, but at nap time, he became angry and lashed out, yelling and throwing things. It was clear that Carter was prepared for everyone to be afraid of him and expected to be kicked out. But Stephanie, our Children's Services Program Manager, stayed by his side and told him she would keep him safe. Using calming techniques and deep breathing, she stayed close until Carter's big emotions subsided, and he rested.

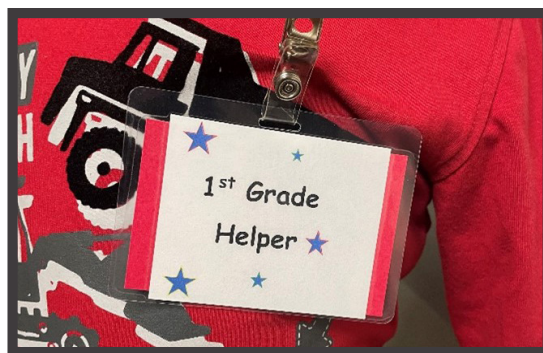
Finding control & predictability

The team of staff came together to build more ways to help Carter feel a sense of control and predictability. They found



ways to build trust with Carter and show him how to calm his big feelings when they bubbled up.

They noticed that he enjoyed being the big kid who helped staff with the younger children. By the end of his second day he was an official helper, proudly showing his helper badge to everyone he met.



During Carter's stay, we helped his mother connect with resources and make plans for long term help to return to school and have a professional's support.

I am seen rather than judged

Children, many for the first time, feel seen rather than judged for the way they react to the trauma they have experienced. Parents find a partner, someone who explains that while it doesn't feel normal, these types of big emotions are natural in children who have had hard experiences at a young age.

The Nursery is full of people like you, who want to see children like Carter succeed. They are motivated by the wins, big and little, like seeing the tears of joy in Carter's mom's eyes when she realizes she's not alone in wanting her child to be seen, understood, and loved.

As we celebrate our 40th Anniversary in 2023, we honor the courage of the many families that come to the Nursery who are facing extreme challenges and traumas. We celebrate their wins, big and small. We celebrate all of the volunteers, supporters, and community partners that have made the Nursery possible.

We are extraordinarily grateful for you, the partnerships that have helped the Nursery grow, and for all those who will walk with us to continue to serve children and families in crisis.

BIRTHDAY FUN

So many ways to celebrate

How do you celebrate a milestone birthday? As the Nursery turns 40 we hope you'll help us commemorate our past, present, and future! Here are some fun ways you can celebrate with us!

HOST A BIRTHDAY (KIT) PARTY!

Did you know that every child who stays at the Nursery during their birthday month receives a special kit to take home so they can celebrate with their family? Parents love having the supplies to celebrate their child as a family. Each birthday kit includes:

- Box of cake mix, frosting, cake pan, sprinkles, and candles
- Party plates, napkins, and utensils
- Unwrapped gift, birthday card, gift bag and tissue paper or wrapping paper and supplies

HOST A BIRTHDAY FUNDRAISER - virtual or in-person

Create a donation drive, host a party, or create an online fundraiser. Hang up fliers, tell your friends, family members, co-workers, neighbors, and other peers about the awesome event you'll be hosting, and promote it on social media. Be creative and have some fun! Visit CrisisNursery.org/donate to learn more.

Past events have been organized by book clubs, faith groups, youth organizations and school classrooms, individuals, families, neighborhoods, co-workers, and many others. The possibilities are endless!

Examples include: Lemonade or hot chocolate stand • Silent auction • Bake sale • Hosting a "baby shower" or other donation drive • Asking for donations in lieu of receiving presents for a birthday, Bar/Bat Mitzvah, wedding registry, or a holiday • Backyard BBQ or in home dinner/party.

CELEBRATE OVER LUNCH

Attend Formula for Hope, the Nursery's annual spring luncheon as we celebrate 40 years of supporting children and families and look to the future of the Nursery's place in the community. See back page and choose how you would like to participate.

YOU MADE HOLIDAY MAGIC REAL

The Holiday Helper program provides holiday gift cards to families in need. You made the magic of the holidays possible for more than 250 children and their families who accessed the Nursery during the winter season of giving.

"The help with the Christmas gifts, what a blessing, they brought a lot of smiles to the kids' faces!"

- parent of three

Thank you for making this past holiday season magic for so many children.





HELP FILL LITTLE TUMMIES

We need your help to fuel growing bodies

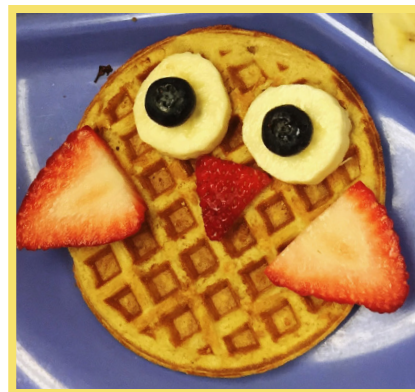
We're ramping Cook for Kids back up and need your help!

We have lots of shifts open to make meals for the kids staying at the Nursery. Can you help us cover these meals and provide filling, nutritious food to the kids in our care?

Grab a friend, a neighbor, or a colleague and come into the Nursery to prepare a meal.

There are four ways to participate to make sure kids have full tummies so they can grow and learn. Choose the fit that's best for you:

- **Sponsor** - \$100 - Can't make it to the Nursery but want to make sure every kid has healthy, homemade food? Sponsor a meal and we'll take care of everything to give kids a meal and a snack.
- **Guest Chef** - No payment to the Nursery. We don't want funds to stand in the way of your opportunity to make a meal for kiddos at the Nursery! Come and cook a sponsored meal and snack by confirming availability of this option and scheduling directly with Keith.
- **Shopper** - No payment to the Nursery. Your group purchases and brings your own groceries, making a recipe of your choice based on our meal requirements.
- **Chef** - \$100 - Keep it simple - we find a fun recipe and provide the food for a meal and a snack. All you need to do is arrive at the scheduled time and cook. No meal planning or shopping involved!



Scan the QR code to schedule directly through our website at CrisisNursery.org/CFK or contact Keith, Food Service and Volunteer Services Coordinator at kjohnson@crisisnursery.org or at 612-767-8483 to get started.



SPRING IS JUST AROUND THE CORNER



Tuesday, May 9, 2023
Noon - 1:00pm
Nicollet Island Pavilion

Formula for Hope

Save the date and join us for lunch on the river at the Nicollet Island Pavilion. Formula for Hope, our annual spring luncheon is an inspiring afternoon to come together, celebrate accomplishments, and invest in children and families in our community.

In celebration of 40 years, the Formula for Hope luncheon will honor a selection of the Nursery's founding board members:

Alice Mortenson, Lisa Taylor, Cathy Troyak and Adaline Shinkle.

By honoring these women we also honor the impact of the Junior League of Minneapolis for their role in creating and sustaining the Nursery.

Register to attend or host a table: cbo.io/ffh2023/tix

Learn more about hosting a table: crisisnursery.org/FFH-Individual



CRAFT CORNER

PLAYFUL PINWHEELS



A reminder of the joys of childhood, pinwheels represent the happy childhoods and bright futures that all children deserve. Pinwheels are a great reminder of the role we each play in providing a loving and supportive environment for all children. Enjoy making this fun and easy craft!

Materials:

- Craft foam or card stock, pipe cleaner, paper straw, pony beads
- A stapler or glue dots, hole punch, and scissors

Directions:

1. Cut out a 5-inch by 5-inch square from the craft foam or paper
2. Fold corner-to-corner in so that you have an "x" formed by the folded creases
3. Punch a hole in the center of the square
4. Starting at each corner, make a 2.5-inch cut along each crease toward the center to create your fins
5. Punch a hole near the end of every other tip (approximately a half-inch from the tip of the fin)
6. To assemble your pinwheel, fold the tip of each fin to the center so all the holes align, then secure with staples or glue dots
7. Thread your pipe cleaner partially through the pinwheel's center hole. Thread a pony bead onto the pipe cleaner and then twist the end of the pipe cleaner to form a small ball.
8. Thread a few pony beads onto the back end of the pipe cleaner, push them up against the back of the pinwheel, and twist the remaining pipe cleaner around your straw.



You can create multiple pinwheels and place them in a vase for a fun centerpiece or decoration.

