

# cribnotes

## "The world can get so scary sometimes" YOUR IMPACT

**Isaac clutched his mommy's hand tight** as they walked through the glass doors into a building he'd never seen before. He knew he was going to spend a couple days at the Nursery while mommy took care of some grown-up stuff.

But, he didn't want her to leave. He wondered, would he have to stay here forever?

**"I was really scared. When will you be back?"**

He leaned in until his nose touched his mom's ear and asked, "when are you coming back to take me home?"

His mom hugged him tight and said softly, "I'll be back in 2 sleeps." Isaac had never spent the night away from his mom before and at **only 4 years old**, he was feeling pretty scared.

Like so many parents, Isaac's mom didn't have anyone else who could help watch Isaac and she needed help.

She told us, Isaac is her heart and she has never loved

anything more than him. Overwhelmed and exhausted, she reached out to the Nursery. Before the Nursery she didn't have someone she could really trust to watch her little one.

Young Isaac DID find the courage to talk with his teachers and play outside with new friends. He shared his favorite colors and talked all about dinosaurs. Isaac's T-Rex roar made his new friends laugh.

**The sound of children's laughter is heard often at the Nursery.**

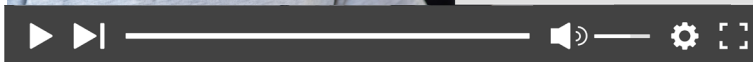
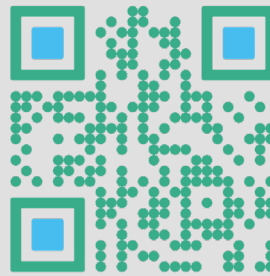
After spending time with his new teachers and new friends, Isaac was assured his mommy was right...this is a safe place.

"The world can get so scary sometimes. Mommy told me it was really safe here. Mommy and I love this place."

Because of YOU Isaac and hundreds of other children have a safe, loving place to stay and be a child.



Scan to watch  
Isaac's Story:



To see the full impact of your support, watch Isaac's story here.  
Point your smart phone camera at the QR code and enjoy!



# YOU Create a Caring Community

Every child deserves a chance to succeed



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**THANK YOU** to everyone who helped celebrate 40 years of saying YES to parents and children. Nearly 500 people attended the May 9<sup>th</sup> spring Formula for Hope fundraising luncheon.

The event also honored five founding board members who helped birth the Greater Minneapolis Crisis Nursery: Alice Mortenson, Lisa Taylor, Cathy Troyak, Adaline Shinkle, and Leslie Turner. The Junior League of Minneapolis was also instrumental for their role in starting and sustaining the Nursery.

At the luncheon, we met Leigha, a courageous single Mom who shared the struggles of parenting an extra energetic three-year-old.

**Did you know that 80% of the Nursery's \$4.2 million budget comes from contributions from people like you?**

With less than \$244,000 to raise by June 30, YOU can make an impact. Just \$1,300 covers the cost of a three day stay for a child like Leigha's son.

Thank you for believing that every child deserves to succeed.



Nursery mom Leigha, Executive Director Mary Pat Lee, and Board Chair Adam Dill

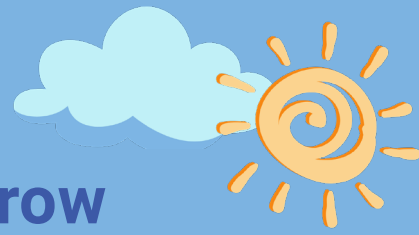


Junior League Minneapolis members at the luncheon



# NEW PLAYGROUND!

## Give Nora a safe place to play and grow



**Nora loves** coming to the Nursery because when she's here she has a very important job...to be a child. She lives in the city with no park or yard nearby so when she visits the Nursery her teachers know how important it is to spend time on the playground.

**Do you remember what that feels like? The wind in your hair, grass tickling your skin as you roll down a hill.**

Nora smiles when she hears the sound of her little brothers squealing with delight as they celebrate climbing to the top of the slide. **Outdoor play** isn't just a staple of childhood, it's also **crucial to building a healthy foundation.**



Six ways playing outside helps children, from Harvard Medicine:

1. **Sunshine!** Sun exposure and vitamin D play important roles in our bodies. Bone development, healthy sleep, and our moods – Our bodies work best when they get some sunshine every day.
2. **Exercise** – active play is the best exercise for children
3. **Executive function** – these are the skills that help us plan, prioritize, troubleshoot, and multitask; they are crucial for our success. This also includes creativity and using our imagination to problem-solve. To learn and practice these skills, children need unstructured time with other children, and to be allowed to make up their own games, figure things out, and entertain themselves.
4. **Taking risks** – children need to take some risks otherwise they won't know what they can do. Trying new things is an important part of life and the lessons we learn from failure are just as important as those we learn from success.
5. **Socialization** – unstructured playtime helps children learn how to work together so they can make friends, share and cooperate, and learn how to treat other people.
6. **Appreciation of nature** – we only have one planet so let's help our children learn to love it!



### **The Nursery's 10-year-old outdoor play space must be replaced.**

It's time to rebuild the safe, welcoming and inclusive space for children staying at the Nursery.

The new **\$100,000 play space** is specially designed with the help of the University of Minnesota's Institute of Child Development team. It will be state of the art, enhance large motor skills, and promote social and emotional skill-building.

To support and learn more about this exciting project here: [CrisisNursery.org/Playground](https://CrisisNursery.org/Playground)

# CELEBRATING VOLUNTEERS

Nursery volunteers are treasured by staff and children. We simply could NOT deliver the same quality care without volunteers.

Thanks to ALL of YOU who come to the Nursery to make a meal, read bedtime stories, or run through the sprinkler hand in hand with a child.

What do children and staff feel about people who volunteer their time with the Nursery? Here's what they said when asked about the amazing people who share their time with the Nursery:

**KIND** dedicated *incredible* **FUN** *trusted*  
**IMPORTANT** **CARING** helpful *enthusiastic*  
*generous* compassionate **loving** thoughtful

Special thanks to volunteers celebrating milestone anniversaries. Thank you for all of the time and love you have shared with the Nursery over the years!

## CHILD CARE

**25 YEARS**  
Patty Fritze

**20 YEARS**  
Kay Rogers

**5 YEARS**  
John Lande

## COOK FOR KIDS

**10 YEARS**  
Sarah Kempainen  
Martha & Michael Pettee

**5 YEARS**  
Karen Clark  
Lynn Ducharme  
Nicky Grimmus

## CRAFT CORNER: OUTDOOR WATER PAINTING

How do you get small children excited about developing their fine motor skills? Let them draw and paint somewhere they normally don't!

This fun activity will help children be independent in future tasks like getting dressed (buttons and zippers), writing, using utensils to eat, turning pages of a book, brushing their teeth, and putting away toys.

### Materials:

1. Paintbrush and water
2. Somewhere to paint, such as a wooden fence or the sidewalk
3. Chalk (optional)

### Instructions:

1. Dip the paintbrush in water and let your child create!
2. Draw letters or numbers with chalk and let older children trace them with their water-dipped paintbrush.

