

# cribnotes

## GROWING THROUGH PLAY You're helping Tia develop lifelong skills



The Nursery has a new outdoor playground that was specially designed with the help of the University of Minnesota's Institute of Child Development team. The splash pad and play space are helping children enhance large motor skills, practice their social and emotional skill-building, and boost their confidence.

Tia recently fell in love with the splash pad. She squealed delightfully as the cool water hit her skin. A staff member smiled as they shared

*"I've never seen her so happy as she was running around in her swimsuit and little water shoes."*

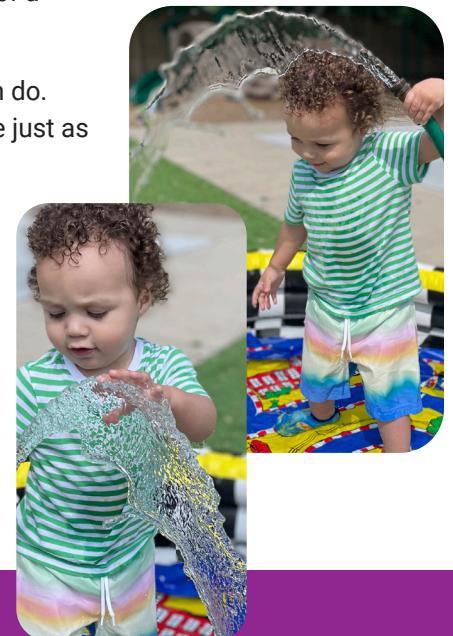
She's having fun, but we know play is essential for her development. Tia's building a healthy foundation by exploring the world, trying new things, and learning social skills to use in her daily life.

Here are six ways Tia is nurturing important growth milestones on the new playground:

- 1. Body:** Sunshine helps produce vitamin D, which is important for strong bones. Plus, all that climbing, running, and jumping helps build muscles and coordination.
- 2. Brain:** Being outside can boost a child's focus and creativity. Nature is full of fascinating things to explore, which sparks curiosity and problem-solving skills.
- 3. Mood:** Spending time outdoors has been linked to lower stress and better emotional well-being. Sunshine and fresh air can really boost your mood!
- 4. Social skills:** Playing outside with other kids is a fantastic way to develop social skills like teamwork, communication, and sharing. Children learn how to interact with others, build friendships, and be part of a group.
- 5. Confidence:** Kids 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.
- 6. Sleep tight!** All that activity can lead to a more restful night's sleep, which is important for everything from learning to growing.

Everything a child does, from riding scooters to asking endless questions, is part of their important job of developing into a well-rounded person. Plus, outdoor play is a great way to make learning extra fun!

Thank you for giving Tia a safe place to build a healthy foundation for her future.



# SUMMER BLOOMS AT THE NURSERY

## A burst of sunshine and a surge of activity



### Why is the summer so busy at the Nursery?

Having all children home for the entire day presents a significant challenge for many families, especially those who are single parenting or facing housing insecurity. This time of year, the Nursery is full of children as usual, but many are our school-aged friends (5-6 year olds) who are eager to explore and learn.

Parents are balancing the constant supervision and engagement their children need while navigating financial and logistical hurdles the summer presents, like feeding everyone without school breakfasts and lunches. Caregivers are also working hard to stretch their resources further, providing food and other essentials for all their children, who may normally have these needs supplemented at school.

It's a whirlwind for families, but the Nursery offers a haven for these little ones, providing not just care, but a chance for parents to recharge.

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## Restoring Summer's Warmth: together we can ease parental stress



**Brielle used to picture summer as sun-drenched days filled with laughter**, but her home is more like a symphony of chaos. Summer break has brought her older children home full-time, and the endless energy is overwhelming.

The biggest change, though, has been the constant hum of hunger. Without the routine of school meals, her fridge is emptying at an alarming rate. Grocery shopping feels like a three-ring circus, a desperate scramble to wrangle her children on the city bus, chase them through the aisles, and attempt to avoid the inevitable meltdowns that follow.

Standing in front of the nearly empty fridge, a mix of frustration and exhaustion left her feeling like she was letting everyone down.

**Brielle found a lifeline.** Her children recently spent a few days at the Nursery. The quiet in the house was deafening, but a welcome change. The simple act of grocery shopping without little hands reaching for treats or tantrums erupting felt almost relaxing. **For the first time in weeks, she could actually breathe.**

Her children thrived with the predictability of the Nursery; three homemade meals and snacks each day, walks to the park, running through sprinklers, playing with new friends, and other caring adults to guide and teach them.

Summer will still hold challenges, but having the Nursery as a resource allows Brielle to find joy in the simple moments of summer with her children. For Brielle and her family, the sunshine finally feels a little warmer today.

*"Here is a safe place for my babies to be and knowing that lessens my anxiety when needing a break at times as a single mother."*

Because of YOU Brielle's children, and hundreds of other children have a safe, loving place to stay and simply be a child this summer.

# HOW WE'RE GROWING TOGETHER



## Growing Together

In addition to the immediate support families receive such as referrals and respite care for their children, the Nursery also provides long-term support to families through our Home Visiting program. A dedicated staff member meets with each family as often as once a week, up to two years, to reduce feelings of isolation and help strengthen the relationship between the parent and the child.

Home Visiting Manager Linda explains that parents learn about their child's developmental milestones and creating secure attachments, while children practice skills like increasing their feeling vocabulary to express their needs, or play that *"builds up a child's ability to remember, wait and take turns, regulate themselves, and sometimes how to lose or win gracefully."*



### Family Gatherings

The Home Visiting team hosts gatherings nearly every month with a goal to help families who may be experiencing similar life events connect and grow relationships.

These gatherings introduce families to community spaces while providing the opportunity to interact with each other in intentional ways.

This spring families were introduced to container gardening to encourage children's awareness of where food comes from, foster a sense of responsibility from caring for their plants, and learn delayed gratification as they wait for their plants to grow.



A family practices gross motor skills and hand-eye coordination with their child at a gathering.

## How you can help

While summer brings joy, it can also strain family budgets. With more kids at home, the need for food and hygiene items increases. Our dedicated family services team works hard to support families, providing essentials like pull-ups, wipes, and summer clothes.

Lots of littles and school-aged children will be coming to the Nursery in the coming weeks. Here are a few things you can do that will have a big impact:



**Donate pull-ups and larger size diapers.** Many kids are in need of larger diapers and pull-ups so they can be successful on their potty-training journey! Pull-ups and size 4 diapers (and up) are always welcome!

**Cook for Kids!** Summer means increased food insecurity as children miss out on school meals, but when you sign up for a Cook for Kids shift, children staying at the Nursery never have to worry about missing a meal.



**Provide financial support.** Did you know that 80% of the Nursery's \$4.2 million budget comes from contributions from people like you? Just \$1,300 covers an entire three day stay for a child at the Nursery.

**Make a gift to help us grow into the future.** Including the Nursery in your will allows your legacy and values to grow well into the future. If you've named the Nursery in your will, or would like to learn more, please notify Laura at [LWagner@crisisnursery.org](mailto:LWagner@crisisnursery.org) so we can honor your enduring legacy.

# You're Creating a Caring Community



*Presented by*

**Morgan Stanley**

**THE RISKEVICH WARPINSKI TEAM  
AT MORGAN STANLEY**



**THANK YOU** to everyone who helped make the Formula for Hope fundraising luncheon a great success. Nearly 500 people gathered together for an inspiring afternoon of stories, impact, and time with friends.

The event honored the legacy of Anne Davis Carrier, former Board Chair and long-time friend and supporter of the Nursery. Anne's belief in creating a safe place for children in crisis transformed thousands of lives over the four decades of her service.

At the luncheon, we also met Brandie, a courageous mom who shared the struggles of balancing raising a family while also working to provide for her children.



PRESENTED BY



**Wealth  
Management**

Join us for the Nursery's annual wine tasting event, Harvesting Hope! Enjoy an unforgettable evening of fine wines and delightful company to support the vital work of the Crisis Nursery.

Tickets: [cbo.io/tickets/2024hh/tix](https://cbo.io/tickets/2024hh/tix)

Tickets now available:



## CELEBRATING VOLUNTEERS

The Nursery is a community made up of compassionate, caring people who uplift others. We would like to thank these volunteers who are celebrating milestone anniversaries.

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.

### CHILD CARE

#### 10 YEARS

Dawn O'Laughlin  
Melissa Peers  
Cheryl Carmichael  
Karen Nielsen

#### 5 YEARS

Libby Wagner  
Stephan Weber  
Sharon Dill  
Liz Nuytten  
Maggie DuPont  
Karrie West



### COOK FOR KIDS

#### 15 YEARS

Mortenson Construction

#### 10 YEARS

Amanda Bakken  
Dean Weiman

#### 5 YEARS

Jennifer Salvesson  
Linda Maus  
Stacy Horwitz  
Fabric Church Minneapolis  
National Charity League  
BevSource

