

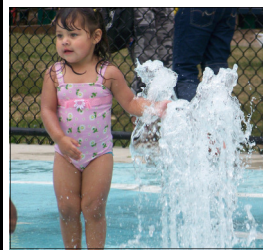
THE SOUTHSIDE SPIRIT

Southside Family Nurturing Center
 Summer/Fall 2010
 Volume 5, Issue 2

Summer at Southside: In and Out of the Classrooms!

By Beth Barrett

This summer our students had a blast playing and swimming at local parks and in our own backyard! Both preschool and toddler classes



took trips to the Splash Pad in St Louis Park and both classes took rides on the



home for chickens.

Duke, the Therapy Dog even

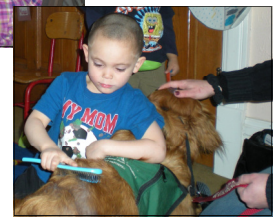
Light Rail to go to the Farmer's Market in downtown Minneapolis.

Students also enjoyed a trip to Memory Lanes and Chicken Run, a rescue



while having a TON of FUN!!!

joined us for a few days to play with the children. Our students learned a lot this summer



Behind the Scenes: Sharon Boswell

Southside has always been blessed with talented and dedicated staff members. Their hard work and unlimited energy have defined our service model and established Southside as a peaceful and safe place for families and children to come to for support and assistance. Recently I sat down with one of our long time staff members, Children's Program Assistant Sharon Boswell, and asked her to reflect on her arrival at SSFNC and her experience here over the past 18 years and counting.

How long have you worked in early childhood and in what capacity?

In 1974, I lived in Seattle and became the Director of a private childcare center. Since that time I have been employed by several childcare facilities in and around the Twin cities, as director, assistant director, and

lead/assistant teacher in both toddler and preschool classrooms.

What brought you to Southside Family Nurturing Center and what is it that you like or value about Southside?

Eighteen years ago, Sandy Heidemann, a former Children's Program Director at SSFNC, friend, and mentor, introduced me to the agency; she encouraged me to apply for a preschool teacher position. I value Southside for always advocating for the rights of those in need and seeing our parents and children as capable of overcoming extreme adversity and having the willingness to stand by their side as they move toward a life of peace and well being.

How would you describe your current job here at SSFNC?

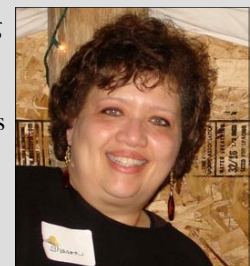
My career at Southside has taken on many faces, teacher, community resource specialist, and children's pro-

gram assistant responsible for the adherence to regulations as prescribed by licensing and accreditation. Currently with our recent program redesign, I along with other staff took on additional support duties, including working in our kitchen; no job is too small when you are working to improve the lives of our children and their families.

Over the years have you seen any major changes in the issues facing children and their families?

Yes, especially in the past few years, the chipping away of funding sources for agencies that support families and children.

(Continued on page 2... "Sharon")



“In the middle of difficulty lies opportunity.” -Albert Einstein

During the past several months the support of our friends and colleagues has been invaluable in sustaining our spirits. The necessary steps we took to ensure the continuation of SSFNC’s services for families in the Phillips community were heartbreaking; however, we took advantage of that challenge to realize a new, even more holistic, service model. Our new program design was implemented in June and is off to a successful and promising start. Our focus is clear; we have a new clinical provider, Marit Appeldoorn, a newly hired Teacher/Family Worker, Megan Yerks and three new MSW interns to assist us in our programs.

Optimism, renewal, and kindness are the vocabulary of the coming season and those words have always been the hallmarks of Southside’s service delivery. They will lead us into this coming winter with excitement tempered by caution, and hope tempered by the new non-profit reality. In our continuing efforts to diversify our funding strategies we will soon be instituting a Individual and Foundation Gifts Campaign Committee; which has been graciously supported in that effort with pro bono consulting from Terry Crowley of Crowley, White & Helmer and by Judie Mattison, who has kindly agreed to chair this vitally important project. We are enhancing our evaluation materials and are hoping to begin creating our backyard playscape. We have learned that when we stand together, we stand with strength and we are more able to endure difficulties and find our way to hope, promise, and transformation.

Sincerely,

Barb Olson, Executive Director

What’s New at Southside?

- ◇ The **Annual Holiday Store** will take place on December 16 & 17. If you would like to make a donation, please contact Holly at 612-721-2762 or hollywinje@ssfnc.org.
- ◇ **Winter is Coming!** We need toddler snowboots (sizes 5-7) and snowpants (size 2T), toddler gloves/mittens and hats, toddler and preschool winter coats (size 2T-6), toddler and preschool-sized sleds. We also need sneakers (sizes 6-7), boys underwear (sizes 4-6), and gender-neutral sweat-pants (sizes 2T-4). We also need a digital camera for our classrooms. Contact Julia at (612) 721-2762 or juliadavidson@ssfnc.org to make a donation.
- ◇ **Are you on Facebook?** Become a fan of SSFNC on Facebook and keep up to date with our programs! <http://www.facebook.com/uthsidefamilynurturingcenter>.

Three Generations of Support for SSFNC

Aine McCormack’s grandmother, Agnes Regan, participated in the Hennepin County Foster Grandparent program, volunteering in SSFNC’s classrooms for over ten years and was beloved by many children and staff. Agnes’ legacy lives on at SSFNC and in her family, who have been supporting our work for three generations! We are grateful for their ongoing commitment to the children and families we serve.

My grandma taught me how to do everything – from how to tie my shoes and play cards, to how to sew a button on a shirt and bake oatmeal raisin cookies. With all the patience in the world, she instructed me step

by step until I could do it on my own.

She also taught me how to be a good person. To accomplish this, the path was not quite as straightforward; she taught by example. My grandma chose to live the best life she could by treating people with respect and compassion and always being generous with her time, talents, and love.

I was about eleven-years-old when my grandma joined the Foster Grandparent Program. I wondered what was wrong with her *real* grandchildren – weren’t we good enough? I had always resented having to share her with my sister, brother, and cousins, and now I was

expected to share her with a bunch of random children?

It took a few years, but I started to get it. When my grandma came to SSFNC in the late 1980s, she found a staff who shared her beliefs that everyone deserves to be given a chance to succeed.

When we drop off our Holiday Store donations every year at SSFNC, someone always says, “Oh, we loved Grandma Agnes!” This reminds us of how special she was and how her generous spirit touched so many. By supporting SSFNC and the work you do, we keep alive the memory of “Grandma Agnes” – thank you!

-Aine McCormack

(“Sharon” Continued from Page 1)

I feel that people still view those who live in poverty as a burden to society; I am here to tell you, it takes great courage, strength, and spirit to fight poverty and all of the stereotypes associated with it and still hold your

head up high. Our parents are amazing and deserve every opportunity offered to them.

Do you have a favorite story about working with children here and /or working with families?

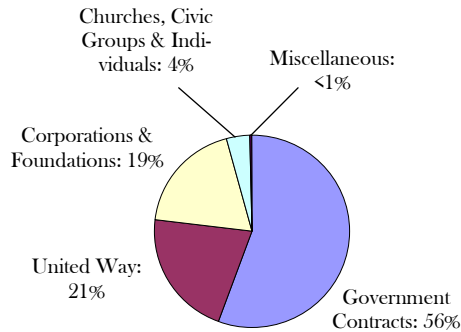
A hug from a child is the highest form of trust a person can receive; I

have been fortunate enough to have had many during my service with Southside Family Nurturing Center; the prevention of child abuse and neglect is my mission and I am truly honored to be of service to that goal at Southside.

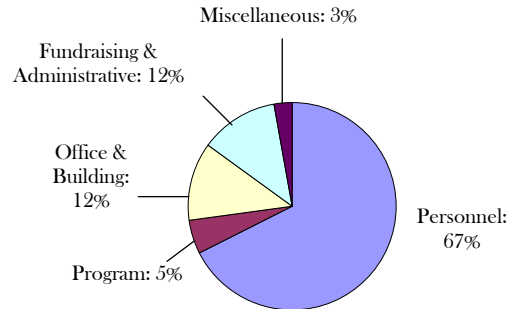
Annual Report 2009

Below is a summary of our 2009 Annual Report. For a complete copy of our Annual Report, including more detailed financial information, program and organizational highlights, and goals for 2010-2011, please visit our website: www.ssfnc.org or contact Julia Davidson at (612) 721-2762.

Operating Revenue Sources



Operating Expenses



Outcomes in Home Based and Center Based Services:

- ◇ 59% if parents demonstrated positive parenting techniques that convey knowledge of early childhood developmental milestones.
- ◇ 59% of parents demonstrated positive parenting techniques that enhance school readiness prior to entering kindergarten.
- ◇ 62% of parents demonstrated positive, effective parent/child communication techniques with their child.
- ◇ 59% of parents demonstrated increased self-control when responding to their child's needs.
- ◇ 87% of parents were provided with information on community resources that address identified family needs. 66% of these parents followed up on one or more of these referrals.
- ◇ 100% of families were provided with home visiting services to address acknowledged needs.
- ◇ 76% of children improved their ability to follow routines and schedules with adult guidance.
- ◇ 81% of children improved their skills in at least two areas of cognitive, language, motor, or self-help domains.
- ◇ 15% of children improved their attendance.

Outcomes in Fathering for Success:

- ◇ 63% of fathers demonstrated positive parenting techniques that fostered positive parent/child interaction.
- ◇ 58% of fathers demonstrated positive parenting techniques that fostered early childhood development and school readiness.
- ◇ 73% of children demonstrated age-appropriate social/emotional development.
- ◇ 71% of children demonstrated age-appropriate language and literacy development.



Give to the Max day is **November 16!**

In 2009, SSFNC raised almost \$17,000 in a single day. Let's break that record in 2010! Visit SSFNC's page on November 16 to make history again!

<http://givemn.razoo.com/story/Southside-Family-Nurturing-Center>

Want to receive this newsletter via email?

Visit our website (www.ssfnc.org) to sign up for our new e-newsletter and help us **GO GREEN!**

We continue our efforts to be environmentally responsible and to use our resources as efficiently as possible.

Tributes Received

In memory of Vern Haugen:
Linda and Marty Haugen

In honor of Linda Haugen:
June Prange

In honor of Sandra Richmond:
Maxine Richmond

In honor of Alfred and Jeannette Vecoli:
Paul and Janet Barrett

Home Visiting Supports Early Childhood Development

By Marit Appeldoorn, MSW
LICSW

As public awareness of the power of early intervention has grown, public attention has been given to the question of how to create and support quality early childhood education. As welcome as this policy-level conversation is, this question is not new to members of the community who are dedicated to creating systems that support the success of at-risk children and their families.

We have learned and put into practice a great deal about how to design curriculum, staff patterns, and classroom programming. One of the most important things classrooms provide for young children is a foundation in social and emotional school readiness skills; such as self-regulation, emotional expression, adaptation to new situations, and forming trusting relationships. These have been proven to be absolutely critical for future school and commu-

nity success (Thompson, 2002).

We know that the only way for children to gain these socio-emotional skills is to be in caring, consistent relationships with adults. However, even the most outstanding classroom program only has children a few hours per week. Most of a child's time is spent in the relationship environment that matters most to them—their family.

At-risk young children often are part of families under enormous stresses—poverty, racism, housing instability, trauma, and cycles of neglect and maltreatment which span multiple generations—making it difficult for parents to provide the kind of attuned developmental partnerships young children need. The developmental concept of *parallel process* tells us that it is impossible for caregivers to give children what they have not received themselves. In other words, to support *child* development and health, programs need to sup-

port *parent* development and health.

SSFNC uses parallel process by providing each family with a parent worker who makes regular phone calls and home visits. This helps the family stay connected with what is happening in their child's classroom and receive updates, resources, and parenting information. More importantly, it provides parents with a consistent, attuned relationship to support them and meet them where they are developmentally. This experience helps them learn a new way to be in relationships, and provides a "blueprint" for a new kind of relationship with their children.

Without a family component such as relationship-based home visiting, even the most high quality program will not provide the kind of comprehensive services at-risk children need to prepare them for future success.

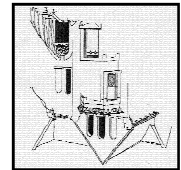
Source: Thompson, Ross A. (2002). *Set for success (Ewing Marion Kauffman Fdn.). Vol. 1, No. 1, pp. 8-30*



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If you would like to be taken off of our mailing list, please contact our Development Director, Julia Davidson at juliadavidson@ssfnc.org or (612)721-2762 x.241

Together with families and community, we nurture children, build on family strengths and find alternatives to violence. Since 1974 Southside Family Nurturing Center, located in the Phillips Neighborhood of South Minneapolis, has served culturally diverse families suffering the effects of child abuse and neglect. As one of the first private, nonprofit agencies to implement holistic family treatments in the state of Minnesota, SSFNC pioneered programs based on our belief that child abuse and neglect are treatable and preventable.

For more information about SSFNC, visit our website at www.ssfnc.org or call (612)721-2762