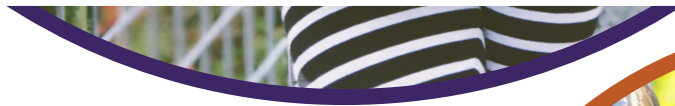




# Minnesota's Future Starts Now



# Building Blocks for Our Future



Our life outcomes begin to take shape before we are born and are influenced by the dynamic interplay of cumulative experiences, which are buffered by relationships



## Prenatal Health

Maternal health and death are linked not only to the genetics of race but the lived experience of race. Culturally appropriate services are integral to prenatal and postpartum care for African American and American Indian women

in order to mitigate the toxic stress of exposure of discrimination.



## Infant Health

Access to and use of culturally appropriate prenatal care gives each infant the best start. A child's physical and mental health, their ability to learn, and their interactions with others are inter-related over their life course, and it begins at birth.



## Safe, Stable, Nurturing Relationships

Experiences are built from attentive, nurturing relationships between caring adults and young children – beginning in infancy. These nurturing relationships promote learning capabilities and support “well-regulated stress response

systems”. Consequently, social emotional learning is the foundation of all learning.



## How Children Learn & Grow

Infants, toddlers and young children learn and grow through attentive relationships with parents, families and care givers. Play is a critical form of learning; it allows for and supports rapid physical, cognitive, emotional,

and social development, which are inextricably intertwined.



## Family Supports

Ensuring families have stabilizing supports such as safe, stable housing, access to food, and access to high quality care directly impacts the experiences of infants, toddlers and young children and also impacts their overall health

and wellbeing. Having access to supports in times of need helps eliminate stress, allowing parents to focus on building a stable relationship with their child.



## Equity & Innovation

Community driven solutions are essential to identifying innovative strategies for addressing historical challenges and trauma in communities of color and American Indian communities. Community designed approaches

are necessary to provide every child and family the best start.



## Early Care Workforce

Early childhood workforce issues are critical to the economic vitality of Minnesota. Parents and employers rely on early childhood providers so they can go to work and businesses can have employees. The current economic model

is unsustainable with one-third of Minnesota's child care educators relying on public assistance to meet their basic needs and support their own families.



## Smart Investments

Minnesota has an opportunity to invest when it matters most. Investing in every child, beginning prenatally, will help ensure Minnesota avoids losing its competitive edge. Employers need workers to grow their business, and

businesses help keep our economy strong. Our future starts now; invest early.

## Brain Development is Critical to Children's Future.

- Relationships are the active ingredient in development & learning, which are built through trust and responsiveness
- Experience shapes the developing brain, having lifelong positive or negative impacts
- 80% of brain growth is complete by age 3, the brain continues to develop until early adulthood

# Now is the Time to Invest in Our Future

We know that supporting children and families, beginning prenatally, can positively shape life outcomes. These supports need to be comprehensive, reliable and address all of the building blocks for our collective future.

## Infant & Early Childhood Mental Health

Infant & early childhood mental health services and consultation provides proven therapies to infants, toddlers, families and caregivers with early trauma experiences and provides stabilizing support to families.

## Infant, Toddler and Early Childhood Care

High quality, culturally responsive, care and education for infants, toddlers and young children provides critical early childhood learning experiences and closes opportunity gaps.

## Family Supports

Family home visiting promotes healthy beginnings and provides families stabilizing support by building their knowledge and skills and connecting families to resources. This two generation approach supports infants, toddlers and their parents.

## Community Supports

Community Solutions Funds provide support for communities of color, American Indian communities, and communities in greater Minnesota to identify challenges that impede their ability to thrive and solutions to improve their health and wellness.

## Stable, Nurturing Relationships

Providing access to paid family & medical leave allows parents time to build nurturing and responsive relationships with their infants. Establishing these relationships and then adding stable relationships with early care and education providers gives babies and families a great start.

## A Quality Early Care and Education Workforce

A qualified, diverse, supported and fairly compensated early childhood workforce is critical to meeting the complex needs and challenges of families across Minnesota.



# About the Coalition

## Our Vision

By focusing on children facing racial, geographic, and economic inequities, all children in Minnesota will be born healthy and able to thrive within their families and communities.

## Our Goal

Minnesota Prenatal to Three (PN-3) Coalition strives to ensure all children have healthy births and supportive mothers, fathers, families, and communities with the resources to develop, grow, and flourish without being defined by one's income, race, ethnicity, or zip code.

Minnesota's future prosperity depends on the well-being of every family, every infant and every young child. We believe targeted policy solutions to support infants, toddlers and young families are critical ingredients to our collective future.



[pn3policy.wcif.org](http://pn3policy.wcif.org)

---

**For more information contact:**

**Project Coordinator**

Laura LaCroix-Dalluhn

[Laura@LaCroixDalluhnConsulting.com](mailto:Laura@LaCroixDalluhnConsulting.com)

**Co-Chair**

Nancy Jost

[Nancy@wcif.org](mailto:Nancy@wcif.org)

**Co-Chair**

Debra Fitzpatrick

[DFitzpatrick@ChildrensDefense.org](mailto:DFitzpatrick@ChildrensDefense.org)