

PERSONAL CARE KITS

What is it?

This activity puts together personal care kits for parents whose babies were born too soon, or unexpectedly.

These kits can make a huge impact on the well-being of parents whose babies are in the Neonatal Intensive Care Unit (NICU)/hospital site due to pregnancy-related complications.

Why is important?

Becoming a parent can be an exciting and challenging time. But when mom and baby are in the Neonatal Intensive Care Unit (NICU) or at the hospital unexpectedly, it can also become scary for families. Too many moms and dads are experiencing this today and a meaningful gift like this is impactful during one of the most uncertain times in a parent's life.

SIGN UP

HOW YOU CAN DO IT:

- 1. Do it:** Collect the items on the list and assemble the bags. Ideally each bag has the core materials listed. You are welcome to add additional items to the list. Some ideas provided on the back.
- 2. Personalize it:** Use one of the notes included in this toolkit, sign it and add it with your donation!
- 3. Donate:** Complete and please email (subject line: NICU Care Kits) the donation form included at the end of this toolkit to your March of Dimes staff contact or Patty Gentry with the March of Dimes at pgentry@marchofdimes.org. Please include a printed copy of the donation form in your shipment as well.
- 4. Ship it:** March of Dimes Fulfillment Center, 9483 Main St. Suite B Dansville NY 14437. You can use any carrier you prefer.
- 5. Celebrate:** Each time your group makes a donation, send out thank you emails/notes to the members that participated and to the staff who supported at the hospital.

QUICK LINKS

- [Materials Needed](#)
- [Additional items](#)
- [Collection Flyer + tags](#)



MATERIALS NEEDED

Collect the items below and then assemble the bags.

- Large Zip Lock Storage Bags –Gallon Size
- Travel size Shampoo and Conditioner
- Toothbrush and tooth paste
- Bar of soap
- Travel size body lotion (unscented preferred)
- Label made with joint logo to include in the bags

ADDITIONAL MATERIAL IDEAS

Below are additional items you could include in the personal care kits. Please be sure to keep each kit to one gallon size zip lock bag.

- Travel-size deodorant
- Face wipes
- Gift cards for gas, Starbucks, Walmart, Target or Visa
- Unscented lotion
- Small journal
- Pen or pencil
- Chapstick
- Gum or mints
- Hand sanitizer
- Small packet of tissues
- Cozy socks
- Calming teas



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ITEM DONATION FORM

If you aren't able to make a direct site donation, please complete this form and submit with any physical donations. Send to the March of Dimes fulfillment center.

DONOR CONTACT INFORMATION

Group name: _____

Address: _____

Contact name: _____

Phone number: _____ Email: _____

DONATION:

This shipment includes:

_____ (quantity) of _____ (item)

_____ (quantity) of _____ (item)

_____ (quantity) of _____ (item)

Please ship to:

March of Dimes Fulfillment Center
9384 Main Street, Suite B
Dansville, NY 14437

Please include a printed copy of donation form in your shipment as well.

Email form to
mrepik@marchofdimes.org