

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.

HOW YOU CAN DO IT:

SIGN UP

- 1. Sign up:** Let us know you are taking [this action](#).
- 2. Get Connected:** Connect to your local March of Dimes staff or if you aren't near a local market, connect with our Coast to Coast or your national contact below to get connected. [Check the contact list here](#). Depending on where you are located, you may donate locally, or send them to our March of Dimes Fulfillment Center for use by programs across the country.
- 3. Do it:** Collect the items on the list and assemble the bags. Ideally each bag has the core materials listed. You're welcome to add additional items. Some ideas provided on the back.
- 4. Personalize it:** Use one of the notes included in this toolkit, sign it and add it with your donation!
- 5. Donate:** If connected locally, make the donation per your staff contact instructions. If you are sending in your donation to March of Dimes Fulfillment Center, please complete and email (subject line: Personal Care Kits) the donation form included at the end of this toolkit to your March of Dimes staff contact listed below. Include a printed copy of the donation form in your shipment as well and place the inventory insert included inside your package and affix the label included to the outside of the package. You'll need an additional shipping label.
- 6. Log hours and activity:** Go to your volunteer profile by logging in at [GetInvolved.MarchofDimes.org](#) to log hours and how many you completed.

QUICK LINKS (ON BACK)

- Materials Needed
- Additional items



MOD Fulfillment
Center,
200 Charis Drive,
Moody, AL 35004

FedEx and USPS
preferred. Shipping
cost is the volunteer's
responsibility.

MATERIALS NEEDED

Collect the items above 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

**HEALTHY
MOMS.
STRONG
BABIES.**



Our hearts and thoughts are with you during this time in the NICU with your baby. To help you take care of yourself so you can be there for your baby, we want to provide you with a self-care kit to help with some of your immediate personal care needs.

For additional support and information from March of Dimes, please download the free MY NICU BABY app.

Provided by a partnership between the General Federation of Women's Clubs and March of Dimes.

For more information visit www.gfwc.org or www.marchofdimes.org.

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