

# 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 the Coast to Coast team or your national contact below to get connected. [Check the contact list here](#). Depending on your location, you may donate locally, or send items to the March of Dimes Fulfillment Center for use by programs across the country.
- 3. Do it:** Collect 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 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 items to the March of Dimes Fulfillment Center, please fill out this [Donation Form](#). After you complete this form, you'll receive link to a form you can copy/paste and print to include in the box you ship along with the ship to address depending on which carrier you prefer. You'll need a separate shipping label. Shipping cost is the volunteer's responsibility.
- 6. Share it:** Post a picture of the care packages and why you wanted to support March of Dimes by tagging @Marchofdimes. March of Dimes is on tiktok, Instagram, Facebook and Twitter, so pick your favorite way to share!
- 7. Log hours and activity:** Let us know how many care packages by logging into your volunteer profile at [GetInvolved.MarchofDimes.org](#).

## QUICK LINKS (ON BACK)

- Materials Needed
- Additional items



FBLA Columbus, GA Chapter

Please note these instructions are for kits sent to March of Dimes Fulfillment Center to ensure consistency and to make it easier for program sites to order. If you are creating kits for local delivery/drop-off, there may be additional site needs requested that require different packaging. Please connect with your staff partner if that is the case for materials and assembly instructions.

## MATERIALS NEEDED

Collect the items above and then assemble the bags.

- Large Zip Lock Storage Bags –Gallon Size
- Toothbrush and tooth paste
- Bar of soap
- Travel size body lotion (unscented preferred)
- Face wipes
- 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
- Gift cards for gas, retail, coffee, Visa
- Small journal
- Pen or pencil
- Dry shampoo
- Chapstick
- Gum or mints
- Hand sanitizer
- Small packet of tissues
- Cozy socks
- Water
- Calming teas



Check out the flyer you can print off to encourage more donations at your school!

## **HELP FAMILIES IN THE NICU**

Families with a premature baby often don't have the chance to grab personal items at home or they're spending many hours bonding with their new baby. Having access to these simple, yet powerful items can go a long way for them.

### **COLLECT NEW/UNUSED ITEMS:**

- Travel-size deodorant
- Bar of soap
- Toothbrush and toothpaste
- Face wipes
- Gift cards for gas, coffee, local retail stores
- Travel size body lotion (unscented preferred)
- Small journals
- Pen or pencil
- Dry shampoo
- Chapstick
- Gum or mints
- Hand sanitizer
- Small packets of tissues
- Cozy socks
- Water
- Calming teas

For more information, please contact:

### **THANK YOU!**



**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 Compass by March of Dimes App at <https://www.marchofdimes.org/compassbymarchofdimes>.

Provided by a partnership between the Future Business Leaders of America and March of Dimes.

For more information visit <https://www.fbla.org/> or [www.marchofdimes.org](http://www.marchofdimes.org).

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**A gift  
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FROM: **HEALTHY MOMS.  
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