

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.

HOW YOU CAN DO IT:

- 1. Assign a lead:** Assign a lead to this engagement and to liaison with March of Dimes.
- 2. Get connected:** Connect with your March of Dimes staff contact listed at the bottom of this page to let them know you're interested in providing personal care kits to a NICU/hospital partner and [signup at March for Babies – Days of Movement](#).
 - Your March of Dimes staff contact will reach out to the March of Dimes NICU Family Support Team/Market Staff to determine a hospital site in your area that you or your group can partner with. **It's important to connect the March of Dimes staff contact first.** Depending on the relationship with the site, you or your group might work directly with a contact at the hospital or through the local March of Dimes staff contact.
- 3. Make a plan:** Once you have a contact, check out the volunteer checklist on the back and start answering the first set of questions with your group of volunteers.
- 4. Define it:** After you've answered the first set of questions and have an idea of what you'd like to do, reconnect with your primary contact and work through the second set of questions on the checklist.
- 5. Secure it:** Purchase items or secure donations/gift cards as needed.
- 6. Do it:** Pack or host a packing party and drop the kits off at the determined NICU/hospital site.
- 7. Celebrate:** Send out thank you emails/notes to the people that participated and to the staff who helped at the hospital.
- 8. Be counted:** Let us know you've taken this action and give us feedback by [fill out this form](#).

Please note that each NICU/hospital partner has different requirements of volunteers. Some hospitals might require volunteer training to access the facility.

WHY IS IT IMPORTANT?

Becoming a parent can be exciting but also challenging when you end up at the hospital unexpectedly, without your "go" bag or any of the items that you may need for your critical stay. These kits provide families with personal items that are needed for their hospital stay

TOOLS

- Volunteer Checklist
- Kit material list
- Surprise and delight ideas
- Collection Flyer + tags

VOLUNTEER CHECKLIST

Before reaching out to the NICU/hospital staff, please walk through the checklist with your primary contact.

Questions to figure out with your volunteers and March of Dimes primary contact:

- Where are the kit donations coming from and how are they packaged? Kit donations should be new/unused.
- Will you have volunteers drop the kits at the hospital or is a volunteer simply dropping off the kits? It's helpful to have a few ideas or dates that work for your group, but to also be flexible.
- How often does your group plan to provide personal care kits—just once, monthly or a few times a year?

Questions to ask the site:

- Is this needed at the site, or would a donation of other items be more useful?
- How can the kits be packaged to be received at this site?
- Does the site have a place to store the kits? Or can volunteers store the kits until needed?
- Are volunteers able to interact with the families? What's the best timing? Is there a location onsite to layer on an activity with parents? What activities are most helpful?
- Does the hospital have restrictions on volunteers? Be very specific about what is feasible for volunteer engagement at the site. Often, NICU's don't allow visitors during flu and cold season, or else keep volunteer activities separate to protect the babies.
- How many families (approx.) should volunteers plan kits for?
- Is it possible to bring extra gift cards or add a few surprises for patients? Discuss based on ideas.

KIT MATERIAL IDEAS

Below are possible items to include in the personal care kits. Check with your primary contact to finalize the list of materials that would be most helpful to parents at this site. Consider using a Amazon Wish list too.

- Travel-size deodorant
- Toothbrush and toothpaste
- Face wipes
- Gift cards for gas, Starbucks, Walmart, Target or Visa
- Unscented lotion
- Small journal
- Pen or pencil
- Share Your Story resource from March of Dimes
- Water
- Dry shampoo
- Chapstick
- Gum or mints
- Hand sanitizer
- Small packet of tissues
- Cozy socks
- Calming teas
- Gift tag

SURPRISE AND DELIGHT

If your volunteers are interested in adding a surprise to the kit or for the NICU/hospital partner, here are some ideas:

- Collect restaurant gift cards and leave one for parents, the NICU staff and nurses.
- Write notes of encouragement for the new parents and include them with the kits. These should be reviewed by the primary contact beforehand to ensure the language is appropriate and sensitive.
- Provide healthy snacks for the site.

FOR ADDITIONAL INFORMATION, PLEASE CONTACT:

Centralsupport@marchofdimes.org

800-906-3463

FOLLOW US ON:



HELP FAMILIES AT **[INSERT SITE]**

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
- Toothbrush and toothpaste
- Face wipes
- Gift cards for gas, coffee, local retail stores
- Unscented lotion
- 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!





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FROM: **Mi** MARCH FOR BABIES
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DONATION FORM

ITEM DONATION FORM – INDIVIDUAL

In order for individual donors to receive acknowledgement for their in-kind donation. Please provide the following information for each donor.

DONOR CONTACT INFORMATION

Donor name: _____ Donor signature: _____

Date of Donation: _____

Address: _____

Contact name: _____

Phone number: _____ Email: _____

DONATION:

This shipment includes:

_____ (quantity) of _____ (item) total value of items \$ _____

_____ (quantity) of _____ (item) total value of items \$ _____

_____ (quantity) of _____ (item) total value of items \$ _____

Please ship to:
March of Dimes Fulfillment Center
c/o Lamar Glidewell
200 Charis Drive
Moody, AL 35004
Phone: 205-947-4530

Email the donation form to **Patty Gentry** at **PGentry@MarchofDimes.org**.
Please include a printed copy of donation form in your shipment as well.

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