

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 are included.
- 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: FBLA NICU Mom Care Packages) the donation form included at the end of this toolkit to Meredith Repik with the March of Dimes at mrepik@marchofdimes.org. Please include a printed copy of the donation form in your shipment as well.
- 4. Share it:** Post and share 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!
- 5. Ship it:** March of Dimes Fulfillment Center, 930 Markeeta Spur Road, Building 2, Suite 1, Moody, Alabama 35004. If you are in need of discounted FedEx shipping see the information included at the end of this toolkit for more information. You can use any carrier you prefer.
- 6. Log hours and activity:** Go to your volunteer profile by logging in at GetInvolved.MarchofDimes.org to log hours and how many care packages you completed.

QUICK LINKS (ON BACK)

- [Materials Needed](#)
- [Additional items](#)



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 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

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
- 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

THANK YOU!



**A gift
for you.**



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STRONG BABIES.**   **FBIA·ΦΒΑ.**

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ITEM DONATION FORM – GROUP

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: _____ 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
930 Markeeta Spur Road, Building
2, Suite 1, Moody, Alabama 35004

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

Email form to **Meredith Repik** at **mrepik@MarchofDimes.org**.



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 \$ _____

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Please ship to:

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Email form to **Meredith Repik** at **mrepik@MarchofDimes.org**.



MOD SPONSOR/VOLUNTEER DISCOUNT FEDEX SHIPPING

Volunteers or sponsors are responsible for incurring shipping costs or sourcing in-kind shipping to the March of Dimes Fulfillment Center and/or to a program site where it cannot be delivered locally for any items collected, purchased or otherwise donated as a part of any voluntary activity.

At the March of Dimes, we have negotiated discount shipping costs through FedEx that may save up to 50% off of standard FedEx shipping rates. The variable discounted rate is based on shipping mode, weight and zone.

In order to take advantage of the discount, please follow these steps:

Step one: Fill out and follow instructions for the item donation form (included on page two).

Step two: Create a profile at FedEx.com connecting your credit card for payment and email Patty Gentry at pgentry@Marchofdimes with your account name and number. Please put “FedEx Shipping Discount” in subject line. Within 10-15 business days your account will be sync to discount shipping.

Step three: Once your account is synced, you can create a label with ship from and ship to information.

If shipping items to the March of Dimes Warehouse, please ship to:

March of Dimes Fulfillment Center
Attn: Volunteer–[Insert FBLA and Club Name]
930 Markeeta Spur Road,
Building 2, Suite 1,
Moody, Alabama 35004

Step four: Take sealed packages to the FedEx shipping center or schedule a pick-up.

If you have any questions or run into any issues, please don't hesitate to contact us.