

HELPING MAMAS

AT HOME TOOLKIT



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MAMAS

ATLANTA





Thank you for your interest in supporting Helping Mamas! We are the baby supply bank of Georgia. There are more than 300,000 children living in poverty, and they need your help!

We hope to see you volunteering in our warehouse soon! Until then, you can volunteer at home, your work, or with your community groups whenever you have time. Gather your friends, family, and coworkers, and let's get started!

One of the best ways to volunteer for Helping Mamas from your home is to create kits! Our partners and families love to receive kits, and it is a great way to connect with the mothers and children in need.

We have kit options for all age ranges, newborn to age 12. Each kit has a list of items to guide you, but please feel free to get creative and have fun!

Be sure to keep us updated on your progress and tag us on any posts you make!



@helpingmamas

KIT GUIDELINES

Containers:

- Unless otherwise specified, a box or large ziplock bag works well for kits
- Feel free to decorate your container or include an encouraging note with your kit

Perishables:

- Please do NOT put food items or formula in kits
- We are happy to accept these donations, but they will be stored in a separate location to prevent spoilage

Number of kits:

- We love any number of kits you would like to make! Be 5 or 500 kits, our partners appreciate all of your help

Where to get items:

- Drives are a great way to gather items for your kit making! Ask your community to help support your efforts to volunteer with Helping Mamas
- There is no specific store or brand we require for our kit items, so please feel free to shop around for the items you would like to include in your kits

**ALL ITEMS MUST BE NEW AND FEEDING ITEMS
(BOTTLES, PACIFIERS, NIPPLES, ETC.) MUST BE IN
PACKAGING!**

Kit Criteria

"Mini Me" Newborn Kits (0-12 months)

What to include:

- Baby toy
- Pacifier or teething toy
- Baby soap, baby lotion, or rash cream
- Washcloth
- Towel
- Blanket

"Watch Me Grow" Toddler Kits (1-5 years)

What to include:

- Small Toy/Stuffed Animal
- Crayons
- Coloring book/Reading books
- Baby wipes or rash cream
- Shampoo, bath wash, or hand soap

"Watch Me Soar" Youth Kits (6-12 years)

What to include:

- Journal and pen
- Hand/Body Lotion
- Gift card (Walmart, Target, Movie Theater, etc.)
- Inspirational Books
- Toy or blanket

"So Fresh and So Clean" Hygiene Kits

(All ages)

What to include:

- Bath Soap
- Lotion
- Hand Soap/Hand sanitizer
- Toothbrush/Toothpaste
- Washcloth and Towel

"Reaching for My Dreams" Educational Kits (All Ages) - Place in a BACKPACK

What to include:

- Pen/Pencil
- Highlighter
- Notecards
- Notebook
- Pencil Case
- Color pencils/crayons
- Book

"Momfidence" Mom Relaxing Kits

What to include:

- Bath bomb/salts
- Body lotion/soap
- Shampoo/Conditioner
- Face Mask
- Empowering or Inspirational Women's Book
- Journal

"Belly Grumbles No More" Feeding Kits (0-4 years)

What to include:

- Bottle
- Nipples
- Baby Food
- Infant cereal
- Toddler bowl and utensils

"New Beginnings" Foster care Kits (All Ages) - Place in a BACKPACK or DUFFLE BAG

What to include:

- Teddy Bear, blanket, or book
- Toothbrush/toothpaste
- Soap and washcloth
- Deodorant
- Journal and pen