

family care/laundry kits

Materials

- Travel-sized toiletry items
- One-gallon Ziploc-type bags
- Markers
- Additional Items: listed under directions



Why family care/laundry kits?

Hospital visits are extremely challenging – especially in emergency situations. In these situations, both patients and caregivers should be able to focus on recovery. By creating family care and laundry kits we can help ease the burden of unexpected visits by providing them with necessary items that they will use throughout their visit. This project is in collaboration with Children's Healthcare of Atlanta.

conversation starters

- Why is personal hygiene important?
- How does it feel when others help you in stressful situations?
- What kind of items do you think would be helpful to families in the hospital?

start a ripple of giving

- Next time you notice someone having a hard time in a stressful situation, offer help to them, regardless of how small.

DIRECTIONS

1. Gather your items – there is a list below of sample items you can include in your toiletry/laundry kits. Please ensure that all items are brand new and unopened and that toiletries are travel-sized.
2. Fill your one-gallon bags with your items – be sure to label the bag based on what type of it is
3. Create up to 50 kits for families in need.

Suggested items for Toiletry Kits:

- toothbrush
- toothpaste
- dental floss
- deodorant
- lotion
- shampoo
- conditioner
- soap
- hand sanitizer

Suggested items for Laundry Kits:

- (2) hypoallergenic laundry detergent pods
- (2) hypoallergenic dryer sheets

Other requested items:

- contact lenses/solution
- eye masks
- feminine products
- comb/brush
- wash cloths
- hair grooming kits for curls and coils
- facial wipes

How To Donate

- Check the Pebble Tossers Service Calendar for dates to donate your period packs or email volunteer@pebbletossers.org to set up a delivery date.

REFLECTION

Bring your family or group together after making the kits and discuss the questions below:

- Why was it important to do this project?
- What was it like to work together as a family for this project?
- How do you feel, having completed this project?

