

# NEW MOMMY KIT



### What is your Why?

Having a new baby can be an exciting time and also a very anxious time. New Mommy Kits are a way to offer support items to women welcoming children into the world.

### Supplies & Ideas

- Postnatal vitamins
- Tucks medicated pads
- Ice packs
- Heating pad
- Robe
- Peri bottle
- Self care items

### Step-by-Step

- Purchase items for the kit
- Pack items into a gift bag
- Decorate and label the kit
- Donate to an area non-profit!

### Time to Share!

To inquire what agencies will accept the projects, dial 211 or email [vol@helplinecenter.org](mailto:vol@helplinecenter.org)  
For more information visit [www.helplinecenter.org/diy](http://www.helplinecenter.org/diy)