

Mommy Survival Kit

Having a new baby can be an exciting time and also a very anxious time. Mommy Survival Kits are a simple way to offer support items to new moms that are handy and comforting.



Do It Yourself Projects

Item Suggestions:

1. Mason jar, box, gift bag or other decorative container or package
2. Travel size lotion & hand sanitizer
3. Wet wipes
4. Water Enhancers
5. Granola bar or mini candy

Delivery

Once completed, the projects can be dropped off or mailed to area nonprofits. If you need information on what Sioux Empire or Black Hills agencies will accept the projects, please contact Helpline Center by calling 211 or email vol@helplinecenter.org. Sorry, we can only suggest recipients in our coverage areas.

More information can be found at www.helplinecenter.org/diy.

Share your Experience!

Post your photos of your completed projects via our social media pages!

#DIYVOLSD @HelplineCenter



What To Do

- 1) Purchase items listed above (dollar stores have many items!)
- 2) Pack items into bag, jar or box, or any decorative container

ADDITIONAL IDEAS:

- Items listed are not an all-inclusive, but suggestions. If you know of some good items to include, by all means — add those as well!
- If adding items such as soap (or anything scented) be sure to separate these items from food items.
- Consider adding a congratulatory note or card of encouragement and care to the kits.

