

Donating Activity and Comfort Kits

Thank you for considering donating pre-made kits to BC Children's Hospital and BC Women's Hospital + Health Centre. BC Children's and Women's hospitals care for families from across BC and the Yukon, and these kits are often distributed to families who may be here unexpectedly and not have had time to pack essential items.

This list provides ideas for different types of kits, and items that could be included. Please reach out to the Patient Experience team at PatientExperience@cw.bc.ca to ask about what is currently most needed or share your ideas.

Guidelines for all kits:

- Please assemble kits in clear bags so that staff can easily see contents before distributing.
- Please do not include handwritten cards in kits as these are not appropriate for all areas.
- Due to infection control and allergies, we **cannot accept used items** of any kind.

Activities and entertainment:

These could be tailored for children, teens, or adults.

- Sensory or fidget toys
- Books, magazines, puzzle books
- Stickers
- Pen and notebook
- Coloring books and crayons, markers, or pencil crayons
- Drawing pads/sketchbooks
- Air-dry clay
- Deck of cards, card games (e.g., Uno), travel-sized board games
- Bead kits for bracelet-making
- Origami paper with folding instructions
- Play-doh or "Kinetic sand" and sculpting tools

Hygiene:

- Travel-sized toiletries (deodorant, shampoo, conditioner, body wash, lip balm, lotion)
- Hairbrushes
- Toothbrushes and toothpaste

Food items:

- Individually packaged, nut-free food items (granola bars, crackers, etc.)
- Bottled water or juice boxes (these can be kept separately as they make the kits quite heavy)
- Tea bags or instant coffee
- Keurig coffee pods (some family kitchens have Keurig machines)
- Sweetener

Baby bags:

The hospital's Indigenous Health team supplies baby bags to new parents to integrate Indigenous ways of caring for families by gift giving. Baby bags show honor, respect, and love to new mothers and the new life they bring, and reassure parents that it takes a community to raise a child.

- Baby blankets or swaddles
- Pacifiers/teethers
- Nipple pads
- Baby bibs
- Slippers, fuzzy socks, mittens
- Travel-sized creams and lotions (diaper rash cream, Penaten lotion, Cerave soap, vitamin D drops, baby shampoo/body wash, eczema lotion, brushes/elastics)
- Diapers, diaper cream
- Adult blankets (for welcoming new life ceremony)

Birthday boxes:

Patients and siblings are invited to use items to celebrate milestones and decorate rooms.

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| <ul style="list-style-type: none"> • Happy birthday banner • Blank birthday cards • Streamer roll • Door hanger or sign ("it's my birthday") | <ul style="list-style-type: none"> • Birthday activity – e.g., crayons and a colouring page, stickers • Paper plates, napkins, cups (in original packaging) • Flameless/LED candle |
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Please reach out to PatientExperience@cw.bc.ca with questions at any time.

Thank you for your donation!