



HELPING MAMMAS KIT GUIDE

*An easy way to give back,
wherever you are*



The Basic Needs Gap

Every child deserves a healthy, supported start—but for too many families, even basics like diapers and period products are out of reach. Helping Mamas is the leading baby and period supply bank in Georgia and East Tennessee, connecting communities with families living in poverty to bridge that gap.

Through a strong network of partners and innovative distribution models, we reduce diaper need, fight period poverty, and provide families with the essentials they need to thrive. When these basic needs are met, parents can *focus on long-term goals like employment, education, and recovery*—while children grow up in safe, healthy, and nurturing environments. Meeting these needs creates ripple effects that strengthen families, promote economic stability, and break cycles of poverty.

How Kits Help

Kits are one of the easiest ways to make a big impact right from your own home, workplace, or with friends. By gathering a few simple items, you can create a ready-to-go bundle that provides real comfort and relief for moms and children.

Why they matter:

Kits take the stress off parents, restore dignity, and ensure children have the essentials they need to grow and thrive.

Where they go:

Distributed at mobile events and provided to Helping Mamas partners to meet the specific needs of their clients.

Who receives them:

Families facing challenges like homelessness, domestic violence, or food insecurity, so they can focus on safety and stability.



How Kits Work

Now that you're ready to make kits, here's a simple guide to collecting supplies and assembling them so they're ready for the families we serve.

1

Choose Your Container

Select a sealable container (Ziploc bag, Backpack, Plastic tote, etc.).
Label each kit with its name or contents.
Add a note of encouragement or decorate the bag for a personal touch.

2

Gather Your Items

Host a drive with your community, workplace, or friends to collect supplies.
Shop wherever you'd like — no specific brands are required.
Every item helps, no matter the source.

3

Assemble Your Kits

Place all required core items in each kit.
Keep everything clean, new, and secure for distribution.
Pack kits neatly so they are easy for families to use right away.

CORPORATE KIT-MAKING OPTIONS

Looking for a great team-building activity? Corporate kit-making events are available! Reach out to community@helpingmamas.org to view our Corporate Engagement Packet for step-by-step planning, supply options, and recognition opportunities.



The Basic Needs Bag

Our most comprehensive kit — often given to families in crisis or those facing the highest level of need.

INCLUDES ONE OF EACH:

- 1 Soft pack of diapers
- 3 Bottles
- 1 Pacifier
- 1 Baby Shampoo & Wash
- 1 Baby Lotion
- 1 Pack of wipes

APPROXIMATE COST: \$35

UPGRADE TO A DIAPER BAG:
Place items in a diaper bag to create a complete, ready-to-use kit for families.

WHY IT MATTERS: 1 in 2 families struggle to afford basic baby essentials — leaving parents to choose between keeping their child clean, fed, or clothed.

Kit-Making

Helping Mamas offers three tiers of kits, each designed to meet the needs of the families we serve. Whether you're creating a single kit at home or hosting a group event, your efforts make a real difference for moms and children.

Make It Personal

Add a handwritten note. Sample: *"You are amazing, You can do it!"* We just ask that *every kit includes the core items listed* so every family receives what they need most.



Everyday Essentials

These kits meet the most urgent day-to-day needs for moms and children.



Meal Time Kit

- Plate
- Bowl
- Cup (sippy)
- Utensils (spoon/fork set)
- Bib

This kit is for toddlers; all items need to be age appropriate

Approximate Cost: \$15-25

WHY IT MATTERS:

Access to basic feeding supplies helps ensure children can eat safely—supporting healthy growth and development.



Baby Hygiene Kits

- Baby shampoo & wash
- Baby lotion
- Diaper rash cream
- Washcloth
- Baby nail clippers
- Bath Toy

Approximate Cost: \$15-\$25

BATH TIME UPGRADE:

Place items in a baby bathtub & use a cellophane bag to wrap them up.

Adult Hygiene Kits

- Body wash & lotion
- Deodorant
- Hand sanitizer
- Toothbrush & toothpaste
- Washcloth

Approximate Cost: \$15-\$25

WHY IT MATTERS:

Access to hygiene products supports health, dignity, and the ability to show up for work, school, and daily life.

Period Kits

- 10 tampons
- 10 pads
- 10 liners

All items need to be individually wrapped

Approximate Cost: \$15-\$20

BAG UPGRADE:

Pack items in a new canvas or makeup bag to provide privacy and convenience.

Baby Safety Kits

- outlet/plug covers
- cabinet locks
- corner guards
- door knob covers

Approximate Cost: \$15-25

WHY IT MATTERS:

Unintentional injuries are a leading cause of harm for young children — simple childproofing items can help prevent them.

Extras That Uplift

These kits provide meaningful extras that help families thrive beyond the basics.

Board Book Bundles

- 5 board books for infant + toddlers
- OR
- 5 early reader books (K - 2nd grade)

WHY IT MATTERS: Early reading helps build vocabulary — children read to regularly are more likely to succeed in school.

Mom Appreciation Kits

Choose one item from each category:

- Skincare
- Fragrance (candle, perfume, spray, etc.)
- Nail care
- Hair care
- Sleepwear (fuzzy socks, sleep mask, etc.)

WHY IT MATTERS: One in five mothers experiences postpartum depression or anxiety — small acts of support can improve maternal mental health and well-being.

Let's Get Packing

We're here to help you make your kit-making project a success! Whether you're packing at home, with friends, or as a team, we'll guide you through gathering supplies, building kits, and scheduling your drop-off.

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ACCESSORIES

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