



Ronald McDonald
House Charities®
Madison

Self-Care Kits

It can be easy for family members to forget to care for themselves while they have a sick or injured child. These bags are a gentle reminder.

\$5 coffee gift card (EVP Coffee or Dunkin Donuts)

Tea Bags

Mug

Sleep mask

Pair of fuzzy socks (some for men and some for women)

Fragrance-free lotion

Stress ball or fidget "toy"

Refillable water bottle

New deck of playing cards

Other small card games

Puzzle books (crossword, sudoku, etc.)



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Instructions:

1. Gather Materials
 - a. We request you plan to make at least 15 bags, but 35 bags will ensure every family at our House and Family Room locations can get one.
 - b. Pick an assortment of items from the list above to purchase (if you want to be creative, please email Sophia at smelgar@rmhcmadison.org to make sure the items are helpful for the families).
 - c. Please do not purchase perishable items to include in bags.
 - d. Items will need to be put in a bag that you provide. It could be a colorful gift bag, brown paper bag, or even a plastic zipper bag.
2. Stuff the Bags
 - a. Gather friends, family, coworkers, or peers for a meaningful time of putting together Self-Care kits.
 - b. If you'd like to learn more about RMHC-Madison while doing this, please email Sophia to request a presentation be sent to you.
3. Deliver to the House!
 - a. We are located at 2716 Marshall Ct. Madison, WI for you to either hand-deliver or ship your bags.
 - b. If you hand-deliver, please arrive between 9:00am and 8:00pm any day of the week.