HOW TO MAKE A HYGIENE KIT!

Why Hygiene Supplies?

At Cradles to Crayons, we strive to provide children living in low-income or homeless situations with everyday essential items. Hygiene kits are one of our most requested items, and due to the current public health crisis, they are even more critical. You can help us keep kids and families safe by creating hygiene kits at home!

What You’ll Need:

1. New hygiene supplies purchased at your preferred website or store (See Appendix A)
2. Scissors
3. Markers or crayons
4. Gallon-sized plastic bags
5. Permanent Marker

Instructions:

1) Purchase new hygiene supplies from your preferred website or local store.
   a) Note: Please review the packing lists in Appendix A to buy the correct items for the corresponding ages!

2) Cut out the Well Wish Note templates and color in the notes. If you don’t have a printer, feel free to design your own notes on index cards or paper!

3) Put one Well Wish Note along with one of each hygiene item you purchased together in a gallon-sized plastic bag. Be sure to match your items using the age chart in Appendix A!

4) Label your bag with the age range (ex. 0-2, 3-5, 6-12).

5) Donate your packs. To find the nearest drop-off location to you, please visit: https://www.cradlestocrayons.org/chicago/take-action/donate-goods/find-local-drop-off/
You Are So Bright!

You Got This!

Be the Best You

You Are Awesome
Appendix A

Reminder: All items must be new

For your convenience, product suggestions are linked below.

Hygiene Kit Ages 0-2

Required:

- 1 Baby thermometer
- 1 Baby shampoo and body wash
- 1 Ear syringe
- 1 Baby nail clippers
- 1 Baby Lotion

Optional:

- 1 Diaper cream
- 1 Baby toothbrush

Hygiene Kit Ages 3-5

Required:

- 1 Toddler shampoo
- 1 Toddler body wash
- 1 Toddler toothbrush
- 1 Toddler toothpaste

Optional:

- 1 Toddler hairbrush/comb set

Hygiene Kit Ages 6-12

Required:

- 1 Adult shampoo and conditioner
- 1 Adult body wash
- 1 Toothbrush
- 1 Toothpaste

Optional:

- 1 Hair brush and comb kit
- 1 Deodorant