

CRAFT

NICU SOCK LOVIES can comfort infants in Intensive Care whose parents don't get to hold their children very often. Parents hold these Sock Lovies close—next to their hearts. This transfers their scent. When the lovie is placed near the baby, the child feels that his or her parents are near—as close as can be,

What You Need: Tube Socks (toddler size, 12 to 24 months); Hypoallergenic fiberfill; 1/4 " white ribbon ; Embroidery Floss in Black or Brown and Pink; Embroidery Needle; Regular Sewing Needle and White Thread

What to Do: Stuff sock to where the knitting pattern changes. Stuff until sock measures about 6" around. Sew the open end securely and knot. (The ribbed part of the sock will be above thread) Fold cuff down to form a hat. Fold a small "cuff." Secure. Measure about 3" down from tie and tie 1/4" ribbon to form neck. Tack bow securely so it cannot be untied. With floss, stitch face onto the lovie.

NO SEW SLEEP MASKS provide relief for tired families on unusual sleeping schedules.

Supplies Needed: Pattern, Fleece scraps, Stuffing, Tacky Glue, Ribbon for ties, Clothespins
Instructions: Cut out 2 each of pattern. Add a small amount of stuffing. Glue around the edges and add the ribbon ties. Press top fleece on carefully and press all the way around the edges. Add clothespins to hold until dry. Trim with pinking shears. Once it dries (8 hours) the edges are very stiff from the glue. Trim carefully and the edges will not be felt when worn.

COLLECT

PACK THE PANTRY and support the many families whose seriously ill children are being treated in the Maynard Children's Hospital. We always need food and other items to help keep our home a happy one. Due to our unique mission, we ask that all food items be individually wrapped, if applicable. Paper Products & Laundry Needs: Disinfecting wipes, scrubbing bubbles bathroom cleaner, food safe sanitizing spray, fragrance-free laundry soap pods, dishwasher tablets/pods. Commercially Prepared Treats; Individually wrapped snacks and breakfast items, fresh fruit.

CHALLENGE your colleagues, classmates, friends or family to support RMH of Eastern NC. Make it fun! Wish List Drive: Lists are available on our website. Pick a few items and fill a box, a bus or a building! Gift Card Drive: See who can bring the most. Gift cards are a great benefit for families as they care for their ill children Host a Facebook Fundraiser: Challenge your Facebook friends and family to donate \$10 to help support a family for one night.

COLLECT pop tabs individually or with a group. The pop tab by itself does not mean much, however, when collected, pop tabs add up to become a valuable donation to the Ronald McDonald House. This idea of 'pulling' together for a charitable cause is the core value of this program. You can find pop tabs on more than just soda cans - don't forget to look on vegetable cans, animal food cans, soup cans, etc.

DECORATE

Medical Play Dolls allow children to become more familiar with medical equipment in an enjoyable way. Children associate medical tools with fear and sickness, increasing the stress of hospitalization. To help lessen the trauma of this experience, we host medical play weekly for patients, siblings, and parents. If interested, email Erin for the doll pattern.

Onesies are decorated and given to each family upon check in. Most families we serve are here with newborns. Share some love and creativity by decorating onesies in sizes Premie to 12 months for our smallest guests!

Door Decorations are hung outside each family's room. Help us bring the holidays to our families who are unable to traditionally celebrate by creating 25 door decorations. Please do not include any religious messages or "get well".

BROADCAST

Host a Facebook Fundraiser to raise money for our organization! Challenge your Facebook friends and family to donate \$10 to help support a family for a night at the RMHC.

Social Media Ambassador creates Instagram or Facebook posts that shows how you support the Ronald McDonald House/why you are excited about volunteering. Please tag RMHC in your post; if your account is private, we will likely not see it. Support can be sharing one of the activities you did from the above options. You can simply share our mission and Wish List items in a post.

Website: www.rmhcenc.org

Facebook: <https://www.facebook.com/RMHCENC/>

Instagram: <https://www.instagram.com/rmhcenc/>



Ronald McDonald
House Charities®
Eastern North Carolina

Keeping families close®

CARING AT-HOME PROJECTS

The Ronald McDonald House Charities of Eastern North Carolina provides a temporary home, support and access to medical care for families of children who are receiving treatment from area medical facilities. We serve a total of 31 families between the two Houses in Greenville and hundreds of guests every week in the common area space inside the Maynard's Children's Hospital.

RMH of Eastern NC welcomes people of all faiths and people of no faith. Please refrain from sharing religious materials when creating items for the families. When possible, materials in English and Spanish are appreciated.

Please drop-off items at the Ronald McDonald House Charities, 529 Moye Blvd. Donations are accepted every day between 9:00 am and 9:00 pm.

CARE

STOCK 'N STUFF CARE KIT is a little way to share a big welcome to our "home-away-from-home". Fill one tube sock with travel-size necessities (toothbrush, toothpaste, comb/brush, shampoo, conditioner, lotion, lip balm, hand sanitizer, facial tissue). Don't forget to include the other sock! Tie with ribbon and add a tag, (Not religious or "Get well") Pick fun socks, pick warm socks, pick only new & unused socks!

BUSY BAGS help keep kids happy. Our families spend hours waiting. Sometimes, they have to stay in their room. Busy bags can help pass the time! Everything fits in an A4 size pencil case—making it easy to transport. Get creative! Items: paper plates (x10), paper tape (washi tape), toy cars, watercolor paint set/pens/markers, plain paper, balloons, rulers Activity Book: write up ways to have fun! Here are 5 ways you can use the items above: Tape Roads; Paper Plate Tic-Tac-Toe; Paint What You See; Paper Plate Balloon Tennis; Paper Plate Masks

NO-SEW BLANKETS help everyone feel warm and cozy. Instructions are readily available via the internet. For double-sided blankets, here is recommended yardage: Adult size = 2 yards of each; Child size = 1 1/2 yards of each; Baby size = 1 yard of each