



# Supporting Families

## CARING PROJECTS

Keeping families close™

Ronald McDonald House Houston offers a home away from home providing care, compassion and hope to families with seriously ill children being treated in Texas Medical Center member institutions. RMH Houston 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. Due to immunity and aversion issues, food safety, and allergies, please DO NOT INCLUDE food items other than items on the list.

Please drop-off items at Holcombe House, 1907 Holcombe Blvd. Designated donations will be distributed to the proper location. Donations are accepted every day between 9:00 am and 9:00 pm. When participants under the age of 16 come with a donation, they must stay at the Front Desk.

Room count: 36 for In-Hospital programs (3); 70 for Holcombe House

## CARE

**SOCK '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!

**CHEMO CARE KITS 4 KIDS** are designed to help a child going through chemotherapy. Not everyone experiences chemo with the same side effects. For more ideas and information, visit [curesearch.org](http://curesearch.org). For each kit consider including 5 items to help with side effects, 1 activity and 1 comfort item. Buy travel-sized items. Focus kits for a specific group (age range and gender: boy, girl, or either) and make sure items in each kit are age appropriate for the same age range. All food items must be commercially prepared AND individually wrapped. Bag it using a gallon Ziploc bag or Clear shoe-box sized plastic tote.

To Help with Side Effects: mints, lemonheads, hard candy, fragrance-free lotion, nail polish, lip balm, hand sanitizer, antibacterial hand wipes, disposable utensils and plastic straws (wrapped & sealed)

Comfort Items: Blanket, pillowcase, slippers, soft socks, hat, scarf, soft mittens or gloves

Activity Items: coloring book & colored pencils, simple craft, nail care kit (for teen girls), sticker book, journal & color pens, travel-sized games or puzzles, playing cards

**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.

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

## COMFORT

**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.

**CATH CAR COZIES** is a great little pillow that attaches to a seatbelt or strap. Many cancer patients have a power port or a portacath under their skin a couple of inches below the collar bone. This is right where a seat belt or car seat strap fits, making it uncomfortable and sometimes painful. Instructions can be found by searching "portacath pillow" on Google or Pinterest.

What you need for each Pillow: Fabric for two 7-x-4-inch rectangles, 5/8" Sew-on Velcro – Baby or soft, Fiber-fill stuffing, Thread

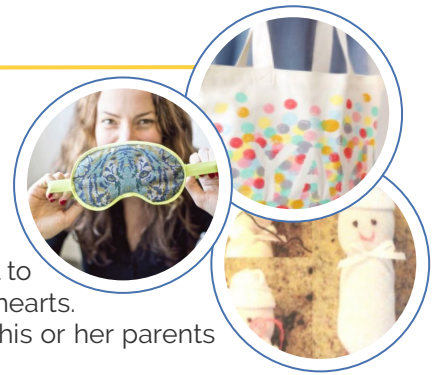
**WHEELCHAIR CADDIES** showcase personal style. Everyone needs some place to store the things they want to keep close. Whether it be a wheelchair, walker or stroller, RMH Houston families need bags that attach to equipment. If you love to sew, this is the project for you. There are many patterns and resources available on the internet. Pick one that fits your skill level and get to work!

Here families with seriously ill children find much more than warm beds and a roof over their heads — they're **enveloped in an atmosphere of care, compassion and support**



# CRAFT

**DECORATED TOTE BAGS** are great for families on the move. Tote bags hold everything for them during this time. From snacks, to meds, from clothes to activities, everyone wants and needs a bag. Canvas totes are readily available in craft supply stores and online. Be as creative as you want!



**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,

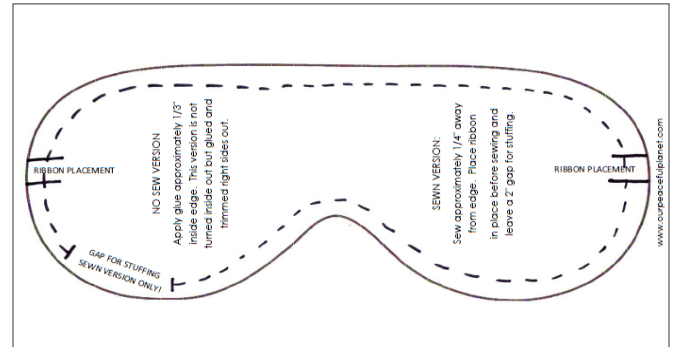
What You Need: Tube Socks (toddler size, 12 to 24 months); Hypoallergenic fiberfill; 1/4 " white ribbon ; Embroidery Floss in Black or Brown and Pink; Embroidery Needle; Regular Sewing Needle and White Thread

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 Texas Medical Center hospitals. 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 (35 wipe count), scrubbing bubbles bathroom cleaner, food safe sanitizing spray, fragrance-free laundry soap pods, dishwasher tablets/pods, plastic forks & spoons, disposable plates & cups,

Commercially Prepared Treats: Individually wrapped snacks and breakfast items, fresh fruit



**TEAM RMH HOUSTON** can challenge your colleagues, classmates, friends or family to support RMH Houston. 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.

Run or Cheer: Join our running teams! Or organize a cheer station for the Trafigura Run for the House or a Hoopla station for the Chevron Houston Marathon . These are great ways to share the mission of RMH Houston with our greater community. Information is sent upon request.

**RECIPE FOR SUCCESS** is an opportunity to come together with some of your friends, family, coworkers, church or civic group to share love and compassion in our home away from home helping families stay together as they care for critically ill children.

- Anyone 16 years of age and up may plan a family meal and/or activity for RMH Houston families at Children's Memorial Hermann Hospital, Texas Children's Hospital or Holcombe House.
- Folks 18 years of ages and up may help families by providing and serving a meal or hosting a interactive experience at Ronald McDonald Family Room at MD Anderson Children's Cancer Hospital

Complete guidelines, group requirements and date request information is available on our website.

It is found under the [GET INVOLVED](#) tab/group volunteers.



In an effort to prevent food borne illnesses, all food dropped off for RMH Houston must come from a licensed retail food establishment or purchased as a pre-packaged supermarket item.

This includes cookies, cakes, cupcakes and all other baked goods.

Ronald McDonald House Houston is a 501(c) (3) organization.  
Contributions are tax-deductible to the fullest extent of the law.

