

Join the #KidsCanHeal Campaign!



Volunteer and Become an Ambassador for Big Hugs for Little Hearts

Date: March 25th, 2024

Dear Teammates,

We are thrilled to invite you to join us for a cause that truly makes a difference in the lives of children facing unimaginable challenges. Big Hugs for Little Hearts, a registered 501c3 non-profit organization based in Charleston, South Carolina, is launching the #KidsCanHeal Campaign, and we need your help to spread love and hope.

How You Can Make an Impact:

- **Volunteer:** Join us in becoming ambassadors for Big Hugs for Little Hearts. Your time and dedication can change lives.
- **Donate Items:** Help us collect new and used donations such as clothing, shoes, toys, books, and more. Every contribution goes directly to the children we serve.
- **Letters of Encouragement:** Share your words of inspiration! Write heartfelt letters or create drawings to be included in our care packages for Big Hugs Children.
- **Big Hugs Swag:** Visit our Swag Shop and purchase tax-free Big Hugs merchandise. Items like duffel bags and baby clothes are vital for our care packages.
- **Spread Hope on social media:** Use #KidsCanHeal to share messages of hope and encouragement on our Facebook page. Your positivity can make a difference.
- **Support Bracelets:** The first order of Support Bracelets will be available April 8th, purchase our #KidsCanHeal support bracelets for \$5 each. These bracelets, available in various colors, directly benefit the children in our campaign.
- **Donations Collection:** Collect specific items such as clothing, toys, hygiene products, or school supplies for children ages 0 to 18. Refer to our website for a list of needed items.

Pick Up and Delivery Dates:

- **Physical Donations Pick Up:** TBD
- **Bracelet Order Drop off:** TBD
 - **Bracelet order list should be in by:** TBD

Your support means the world to us and to the children we serve. Together, let's create a brighter, more hopeful future for these incredible young souls. Attached, you will find more information to share with your team.

For more details or to get involved, please contact: Kristin Leest Big Hugs for Little Hearts at bighugsforlittlehearts@gmail.com or (843) 501-5301.

Thank you for your compassion and kindness.



Big Hugs for Little Hearts
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BIG HUGS FOR LITTLE HEARTS

Show our children it's possible to heal from trauma! Show Support and wear your Big Hugs Bling with Pride! Bracelets ship April 8th! All donations go to the Big Hugs children. Fill out and collect the donation form here and turn it in or before the delivery date or visit the big hugs website www.bighugsforlittlehearts.org, donate and note your color choice, your name and where to ship. Bracelets are \$5.00 including shipping. Bulk orders of 10 or more we ask you to include a \$10.00 flat rate shipping fee to cover shipping anywhere in the U.S. Get Yours today or order for a friend or family member!!! ORANGE AND PURPLE INCLUDE GLITTER IN THE BRACELETS. THE OTHERS ARE SOLID COLOR WITH THE DESIGN.



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General Donation List for Big Hugs Children Ages 0 to 18:

- **Clothing:**
 - New or gently used clothing (all sizes)
 - Pajamas and sleepwear
 - Jackets, coats, and sweaters
 - Socks and underwear (new)
 - Shoes and sneakers (all sizes)
 - Hats, gloves, and scarves
- **Baby Supplies:**
 - Diapers (all sizes)
 - Baby wipes
 - Baby formula and baby food
 - Baby bottles and sippy cups
 - Pacifiers and teething toys
 - Baby blankets and swaddles
 - Baby shampoo and lotion
- **Toys and Games:**
 - Stuffed animals and dolls
 - Action figures and dolls
 - Board games and puzzles
 - Building blocks and LEGO sets
 - Art supplies (crayons, markers, coloring books)
 - Educational toys and books
 - Sports equipment (balls, jump ropes)
- **School Supplies:**
 - Backpacks and school bags
 - Notebooks, paper, and binders
 - Pens, pencils, and erasers
 - Crayons, markers, and colored pencils
 - Calculators and rulers
 - Glue sticks and scissors
 - USB drives and headphones
- **Personal Hygiene:**
 - Toothbrushes and toothpaste
 - Soap, shampoo, and conditioner
 - Hairbrushes and combs
 - Deodorant (for older children)
 - Feminine hygiene products (for older girls)
 - Bath towels and washcloths
 - Hand sanitizer and tissues
- **Bedding and Linens:**
 - Bed sheets and pillowcases
 - Blankets and comforters
 - Pillows (new)
 - Mattress protectors
 - Towels and washcloths
 - Sleeping bags (for older children)
- **Health and Wellness:**
 - First aid kits and bandages



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- Over-the-counter medications (like pain relievers, cold medicine)
- Vitamins and supplements
- Sunscreen and insect repellent
- Water bottles and reusable straws
- Yoga mats or exercise equipment (for older children)
- **Gift Cards:**
 - Grocery store gift cards
 - Clothing store gift cards
 - Bookstore gift cards
 - Fast-food restaurant gift cards
 - Movie theater or entertainment gift cards
 - Online store gift cards (like Amazon, Target)
- Interactive learning through educational apps and games.
- Access to online libraries and resources.
- **Smartphones:**
 - Communication tools for children to stay connected with family and peers.
 - Educational apps for learning on-the-go.
 - Access to online courses and tutorials.
- **Gaming Consoles:**
 - Provide recreational and social activities for children.
 - Some educational games can promote problem-solving and critical thinking skills.
 - Often used in therapeutic settings for children with special needs.

Computers and Electronics Donations:

- **Laptops and Desktop Computers:**
 - Provide access to educational materials and online learning platforms.
 - Assist with schoolwork, research, and homework assignments.
 - Enable children to learn basic computer skills essential for the modern world.
- **Tablets and E-Readers:**
 - Lightweight and portable devices for reading e-books and educational materials.

Printers and Scanners:

- Assist with printing school projects and assignments.
- Scanning documents for research and presentations.
- Help children develop organizational skills for managing their schoolwork.

Duffle Bags, Stuffed Animals and Backpacks Donations:

- **Practicality:** Duffle bags and backpacks are essential for children



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to carry their belongings, whether it's for school, travel, or everyday use.

- **School Supplies:** Many children from low-income families might not have proper bags to carry their books, notebooks, and school supplies. Donated backpacks ensure they have the necessary tools for learning.
- **Comfort and Dignity:** Having their own bag and stuffed animal gives children a sense of ownership and dignity. It provides a secure place to keep their personal items and belongings and often their first toy or item they call their own.
- **Travel and Mobility:** For children in foster care or those experiencing homelessness, a duffel bag or backpack can be a lifeline. It offers them a way to easily transport their belongings from place to place.
- **Emergency Preparedness:** In times of crisis or emergencies, having a packed bag ready with essential items can be crucial. Donated bags can serve as emergency kits for children in vulnerable situations.

Common Non-Perishable Food Items to Donate:

- Canned fruits and vegetables
- Canned meats (tuna, chicken)
- Canned soups and stews
- Beans (canned or dry)
- Rice and pasta
- Peanut butter and jelly
- Cereal and oatmeal
- Granola bars and snack items
- Shelf-stable milk or milk alternatives
- Cooking oil and spices



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