



Bringing Hope to Children in Foster Care

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VOLUNTEER **AT** HOME



Arizona Helping Hands (AHH) wants to offer our sincerest thanks for playing an important role in Bringing Hope to Children in Foster Care. At AHH, we believe every child deserves to feel safe and loved. By participating in an at-home service project, you are assisting us in our mission to provide essential needs for children in foster care through our programs promoting safety, permanency, and health.

This packet consists of various ideas to inspire you to get involved. Every activity in this packet can be made and donated to meet community service hour requirements. The packet also contains options for hosting a drive in your community, organization, or school.

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Decorating Birthday Dreams Bags

Arizona Helping Hands (AHH) provides a custom decorated bag to make each child feel special and loved on their birthday. These bags will be used for boys and girls turning 1-12. There is a \$1 donation for every bag picked up to cover material costs.

SUPPLIES

- ✓ White Birthday Bag (pick up at AHH)
- ✓ Birthday Bag Traceable Templates (pick up at AHH)
- ✓ Coloring Supplies

INSTRUCTIONS

- 1) Collect birthday bags and templates from AHH.
- 2) Decorate both sides of the white bag.
- 3) Include "Happy Birthday" on at least one side of the bag.
- 4) Return completed bags to AHH.



ESTIMATED COMPLETION TIME:
1 hour - 10 Birthday Dreams Bags

Birthday Party in a Bag

Arizona Helping Hands (AHH) provides a Birthday Party in a Bag with all of our Birthday Dreams gift packages. Many children in foster care have never had the opportunity to celebrate a birthday before. A Birthday Party in a Bag provides a child with a celebration to accompany the gifts they receive.

Supplies

- ✓ Birthday Bag
- ✓ Boxed Cake Mix
- ✓ 1 Tub Cake Frosting
- ✓ 1 Aluminum Cake Pan
- ✓ 1 Pack Birthday Candles
- ✓ Minimum of 4 Birthday Decorations (streamers, balloons, party favors, hats, etc.)
- ✓ Optional: *Encouraging non-religious note*

INSTRUCTIONS

- 1) Collect or purchase the items listed above.
- 2) Fill the birthday bag with all the items.
- 3) Optional: *Write a non-religious birthday message to place in the birthday bag.*
- 4) Return completed bags to AHH.



ESTIMATED COMPLETION TIME:
1 hour - 10 Birthday Parties in a Bag

Hygiene Kits

Arizona Helping Hands (AHH) provides children with a safe place to sleep and more, including twin beds, cribs, clothing, diapers, wipes, educational activities, and personal hygiene kits. These kits make sure children in foster care have the important basic needs they often leave home without.

SUPPLIES

- ✓ 3-in-1 (shampoo, conditioner, body wash)
- ✓ Toothpaste
- ✓ Toothbrush
- ✓ Floss
- ✓ Hairbrush/Comb
- ✓ Plastic shoe box sized tub or nylon drawstring backpack to hold everything. (The tub is preferred.)
- ✓ Optional: *Encouraging non-religious note*
- ✓ Optional: *Hair ties for girls*

INSTRUCTIONS

- 1) Collect or purchase the items listed above.
- 2) Place one of each item into the nylon drawstring backpack or plastic tub.
- 3) Optional: *Write a non-religious encouraging message to place in the hygiene kit.*
- 4) Optional: *Add hair ties for girls, please mark these kits.*
- 5) Return completed kits to AHH.



ESTIMATED COMPLETION TIME:
1 hour - 10 Hygiene Kits



Baby Stroller / Tummy Time Blankets

Arizona Helping Hands (AHH) can always use blankets for babies in foster care. These blankets provide a safe space for babies to lay on for tummy time as well as keep them warm in their strollers. Instructions on how to make a no-sew tie blanket are included below. Quilts and knitted blankets are also welcome.

SUPPLIES

- ✓ 2 pieces of coordinating fleece, 1.5 yards each (or larger, depending on the size blanket you want to make)
- ✓ Scissors
- ✓ Measuring Tape

INSTRUCTIONS

- 1) Cut fleece: Cut your fabric down to the size you want it but add 4 inches. (If you want a 3-foot by 2-foot blanket, you will cut the fabric to 3-foot 4 inches by 2-foot 4 inches.)
- 2) Arrange fleece: Make sure both pieces of fabric are pointing out and lay one on top of the other.
- 3) Cut slits: Start making 1-inch wide and 3-inch-long slits along one side of the blanket. When you get to the end of each side, you will want to cut a 3-inch by 3-inch square in the corners.
- 4) Tie strips: Start tying your strips of fabric by making a circle with the two strips together and then pulling the end through the circle. Work your way down until you have tied all sides of the blanket.
- 5) Return completed blankets to AHH.



ESTIMATED COMPLETION TIME:
1.5 hours - 1 Blanket



Drawstring Pillowcases

Arizona Helping Hands (AHH) uses drawstring pillowcases to hold items such as clothing and shoes for children and teens in foster care that we serve.

SUPPLIES

- ✓ Pillowcase
- ✓ 1 yard of 1cm wide grosgrain ribbon
- ✓ Seam ripper
- ✓ Safety pin
- ✓ Needle and thread
- ✓ Clothing iron
- ✓ Optional: *Sewing machine*

INSTRUCTIONS

- 1) Take your pillowcase and turn it inside out. Use your seam ripper to split one side seam 5cm (2") from the top. This split creates the opening to thread your ribbon through to make the drawstring.
- 2) Fold the top of the pillowcase over 2.5cm (1") and press with the Iron. Stitch all the way around by hand or with your sewing machine to create your casing.
- 3) Take your ribbon and use a safety pin to thread your ribbon through the casing.
- 4) Turn your pillowcase right side out.
- 5) Return completed pillowcases to AHH.



ESTIMATED COMPLETION TIME:
1 hour - 2 Pillowcases



Collection Drives

Arizona Helping Hands (AHH) utilizes community support for collection drives as it is an extremely important component of our operations. Your efforts and partnership are making a difference in the lives of children in foster care. A collection drive is a great way to involve your community, organization, or school.

Below is a complete list of our ongoing collection drives, and we always welcome your ideas or suggestions! We are happy to provide you with a collection drive box as well.

- 🎁 **BACK TO SCHOOL DRIVE** AHH provides backpacks filled with school supplies year-round, giving children in foster care the tools they need to succeed. It also is an opportunity to fit in, have a fresh start, and create confidence that can last a lifetime.
- 🎁 **BIRTHDAY PARTY IN A BAG DRIVE** Oftentimes, children in foster care have never had the opportunity to celebrate a birthday. A Birthday Party in a Bag provides a child with a celebration to accompany the gifts they receive.
- 🎁 **BOOK DRIVE** Each year, AHH promotes literacy by providing thousands of books to children in foster care.
- 🎁 **CLOTHING DRIVE** Children in foster care often leave home with nothing but the clothes on their backs. Each year, AHH gives 4,000+ children in foster care a fresh start with essential items, like clothing.
- 🎁 **DIAPER DRIVE** In an average week, AHH provides 3,000+ diapers and 2,500+ wipes to children in foster care.
- 🎁 **HYGIENE ITEMS DRIVE** Each year, AHH provides 4,000+ hygiene kits to children in foster care to help them feel confident and healthy.
- 🎁 **PAJAMA DRIVE** Children in foster care often leave home with nothing but the clothes on their backs. Each year, AHH gives 4,000+ children in foster care a fresh start with essential items, like pajamas.
- 🎁 **TOY DRIVE** Each year, AHH provides 3,000+ birthday packages to celebrate children in foster care, lifting their self-esteem.

For more information on collection drives, please visit azhelpinghands.org and select the Lend a Hand tab.

