

# Self-Care Kits

By providing a self-care kit, you are giving a parent or caregiver thoughtful items they can use during their journey at the Ronald McDonald Family Room inside Nationwide Children's Big Lots Behavioral Health Pavilion.

The Ronald McDonald Family Room inside of Nationwide Children's Big Lots Behavioral Health Pavilion support guardians of children who are struggling with behavioral or mental health concerns. These parents and caregivers are often tired, stressed, and overwhelmed. Donating a self-care kit will help support the guardians mental well-being while their child is being treated.

## Kit items ideas:

- Chapstick
- Supportive greeting cards
- Face mask
- Fidget toy/item ( adult)
- Travel size hand lotion
- Mini journal with pens
- Travel pack of tissues



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