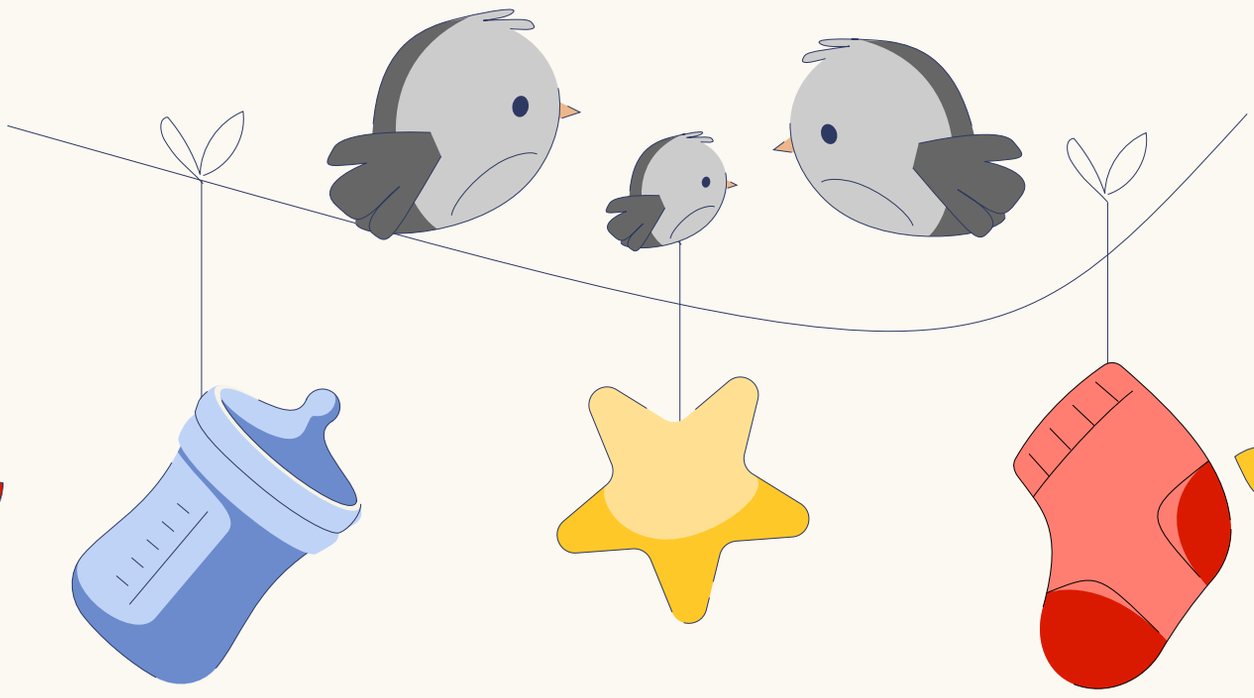
Postpartum Kits

Help a New Mom Feel Cared For!

Welcoming a baby should be a joyful time, but for some families staying at Ronald McDonald House, it can also be overwhelming and emotional, especially when dealing with medical challenges. You can help provide comfort and care by donating a Postpartum Kit.



What's a Postpartum Kit?

It's a simple, thoughtful collection of essentials that support moms after delivery. Items can include:

- Sanitary pads
- Disposable underwear
- Witch hazel pads
- One-time use heating pad or ice pack
- Nursing pads
- Fuzzy socks
- Travel-size face wash, dry shampoo, or a hairbrush

All items can be placed in a reusable bag or gallon-size Ziplock. No need to include everything — every kit is appreciated, and every item brings comfort.

How You Can Help:

Gather items from the list above, assemble them in a bag, and drop them of at Ronald McDonald House Central Ohio. Your small act of kindness can go a long way in helping a mother feel supported and loved during a challenging time.

Ronald McDonald House® Central Ohio