



Boxes for kids entering Foster Care while in a department of children/ youth/family services office.



## HERE'S THE SCOOP...

Many children coming into foster care must wait for hours in a Child Welfare office while a social worker call to find them a suitable placement. This is usually a time of high anxiety for children as they've recently been removed from their home and are being moved to a new, unknown foster home.



The notion of a Welcome Box is a simple one. While the child is waiting, a social worker gives the child a box of age appropriate items to occupy their time while in the office. It will also be a box they can carry and take with them into their new foster home. Since many children enter their new foster homes with very few belongings, the psychological importance of owning nice possessions cannot be underestimated. Making a Welcome Box is a simple way to comfort a foster child. It's also a great way to involve your own family in caring for less fortunate kids in your area. Please contact Embrace WA at 509-381-5370 for the current need for specific ages for the boxes.

## How to put your box together

### 1. Buy a photo storage box (no shoeboxes)

Photo storage boxes are very sturdy, work great and often come with fun designs. They can be found at craft stores like Jo-Ann Fabrics, Michaels and Hobby Lobby.

**2. Fill the box with the ESSENTIAL items from the list and as many items from the EXTRAS list that you can.** Please make sure everything fits into the box and the lid can close and the box is full.

### 3. Tape a handwritten note to the inside lid of the box that includes an encouraging message such as:

"You are special", "You are cared about", "You matter", "You are important", "Made for you with love" Please, no sealed messages or religious language.

**4. Cut out the welcome box label (on the 3<sup>rd</sup> page), identify the gender and age bracket that your box corresponds with and securely tape it to the narrow side of the box.**

**5. Place a rubber-band around your box.**

**6. Contact Embrace WA (509-381-5370) to determine a drop off time and location.** Feel free to contact us if you have any questions. (Please do not drop off directly to DSHS).

For more information about Welcome Boxes and other programs please visit us online at:  
[www.embracewa.org](http://www.embracewa.org) give us a call at [509-381-5370](tel:509-381-5370)

# What Goes in the box?

Below you will find a simple guide for filling your Welcome Box with fun, creative, age-appropriate items. Please include **everything** listed under “**essential**” and as many of the suggested “**extra**” items (toys, arts and crafts, hygiene, etc.) as you can fit.

**Please do not include:** breakable items, aerosol cans, mouthwash that has alcohol, razors, pocket knives, vitamins, violent toys or action figures or any food items. Food items can be donated in a separate bag. Due to food allergies, we cannot include food in the individual boxes. Try to refrain from purchasing dollar store items as some of the items especially toys break easily. Thanks!

## Infant Boxes

### SUGGESTED ITEMS:

Baby Wipes, Onsies, socks, sippy cup, rash ointment, baby shampoo and body wash, towel, washcloths, grooming kit, teething toys, stuffed animal or a book. **No, formula or food items please.**

## AGE 2-4

### ESSENTIALS:

Pillowcase, hair brush, flashlight (please include batteries), night light, sippy cup, toy, stuffed animal, socks underwear and a book. **No Crayons, bubbles, playdough, toiletries or food please.**

### EXTRAS:

TOYS -- small stuffed animal, cars, small doll, bouncy balls (nothing chokable), plastic toys, toy harmonica or kazoo, slinky, small etch-a-sketch, etc. hair brush, OTHER -- Taggie blanket, sippy cup, water bottle, sunglasses, small board books.

## AGE 5-9

### ESSENTIALS:

Pillowcase, hair brush, coloring book or a pad of drawing paper; colored pencils or crayons; toothbrush and toothpaste (can be travel size); flashlight (please include batteries) and night light, socks, underwear, re-usable water bottle, book and a toy. **No bubbles, playdough, or food please.**

### EXTRAS:

TOYS -- small stuffed animal, small cars, small doll, plastic dinosaurs, toy harmonica or kazoo, yo-yo, slinky, Go Fish or Memory playing card game, magnifying glass, small Lego set, paddle ball etc. ARTS & CRAFTS -- pen, pencils, stickers. HYGIENE -- brush, comb. OTHER -- books, water bottle, watch, hair accessories, sunglasses, foldable nylon bag for carrying possessions.

## AGE 10-12

### ESSENTIALS:

Pillowcase, hairbrush, blank journal or drawing pad; washable markers or colored pencils; toothbrush and toothpaste (can be travel size); flash light (please include batteries) and nightlight, socks, underwear, book, re-usable waterbottle, travel game. **No food items due to allergies please.**

### EXTRAS:

TOYS -- deck of playing cards, Memory or Go Fish card games, yoyo, magnifying glass, paper airplane kit, small Lego set, paddle ball arts and craft set etc. HYGIENE -- brush, comb, chap stick, compact mirror, fun band-aids, cardboard nail file, nail polish, bath gel, travel size toiletries. OTHER -- books, water bottle, watch, hair accessories, sunglasses, slippers, foldable nylon bag for carrying possessions.

## AGE 13-17

### ESSENTIALS:

Pillowcase, blank journal and/or drawing pad; colored pencils; toothbrush and toothpaste (can be travel size); flashlight (please include batteries), re-usable water bottle, headphones, travel game, socks, underwear. **No food items due to allergies please.**

### EXTRAS:

TOYS -- deck of playing cards, ear phones, books. ARTS & CRAFTS -- mad libs, word search, pens, pencils. HYGIENE -- brush, comb, chap stick, compact mirror, deodorant, cardboard nail file, nail polish, bath gel, lotion, travel size toiletries, feminine products in a discreet case. flip flops, slippers, sunglasses, hair bands or a foldable nylon bag for carrying possessions in.



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_



THIS WELCOME BOX IS FOR:

2-4 YEARS \_\_\_\_

BOY \_\_\_\_ 5-9 YEARS \_\_\_\_

GIRL \_\_\_\_ 10-12 YEARS \_\_\_\_

INFANT \_\_\_\_ 13-17 YEARS \_\_\_\_