

[Comfort Kits for Children](#) develops collaborative relationships with philanthropic groups like Rotary Clubs, NGOs, faith-based groups, and similar organizations who share our passion for supporting children coping with traumatic experiences.



Comfort Kits contain a collection of items and toys that help children re-regulate their feelings and create calm moments during chaotic times. Each kit costs \$7 to \$12. They are accompanied by simple instructions for caregivers, in a printed and on-line pamphlet (available in multiple languages). This guides children and caregivers to practice effective skills for emotional comfort and encourages a sense of connection, too. Children are “invited” to use belly breathing by blowing bubbles, to tap into visual expression by drawing their feelings and thoughts, to engage in make-believe with finger puppets, to release tension using a squishy ball, and offered other practices that are calming and help with sleep.

Collaboration between your organization and the Comfort Kits for Children Initiative is flexible, but commonly looks like some or all of the following:

- your group raises funds
- you purchase items and toys that go into kits
- your group builds the kits as a community service project, and
- you distribute/ship them to identified recipient groups.

We partner with your group as well as recipients, by offering ongoing virtual chats to answer questions about using the Comfort Kits.

This is an efficient and cost-effective way to get the greatest number of kits into the hands of children in need. Along the way we stay connected and share tips and strategies. We are mindful of the need to be flexible and sensitive to cultural differences and changing circumstances. An ongoing goal is to educate others regarding the availability and effectiveness of these kits and mind-body practices. Our website also offers behavioral health resources for coping with trauma and building resiliency.

We find that the process of collaborating and assisting children in small ways offers rich and complex benefits to all. People connect by providing service to others, by working side-by-side within a community, and by supporting children and families across disparate communities.

If your community or philanthropic group is interested in becoming a collaborative partner with Comfort Kits for Children and supporting children experiencing traumatic events, please contact us at comfortkitsforchildren@gmail.com

We have donated and distributed nearly 1200 kits to children in Ukraine and Poland. We have sent 200 kits to children in Turkey, after the earthquakes. We have sent 30 kits to children in Maui after the wildfires. We have sent over 100 to children in Chicago impacted by community violence. Plans are developing to send kits to children in Israel.

Children in so many areas of the world need this type of emotional support.
Thank you for considering how you and your group can help!

