A child entering foster care will often move 2-3 times within the first year and an average of 7 times during their foster care experience. Typically, they use *trash bags* to move their belongings.

**Help us give the children a Journey Bag**

These are large, rolling, suitcase style duffel bags filled with comfort items. Journey Bags send a message: you matter, you are not trash.

### Art / Stationary

Journaling and coloring can be a relaxation tool, a way to express feelings, and place to keep track of court dates, visitation, and therapy appointments.

- Journal / Notebook
- Coloring Books
- Crayons / Markers
- Color Pencils

### Comfort Toys

A stuffed animal to cuddle and squeeze – we often provide a Dream Lile to children for a nighttime – many foster children are afraid of the dark because of night traumas.

- Stuffed Animal / Soft Toys

### Bedding

A warm, soft blanket to have a familiar feeling in a new bed, in a new room, surrounded by new people.

- Warm Blanket

### Socks

Warm fuzzy socks or a pair of flip-flops

- Warm Socks
- Flip-Flops

### Toiletry Kit

Some children are too nervous or embarrassed in a new home to ask for what they may need. Providing toiletries gives them the chance to have their own kit while they adjust.

- Toothbrush / Toothpaste
- Hair brush / Comb
- Soap / Body Wash
- Deodorant
- Feminine Hygiene Products

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**Join the Mission**

Visit Fostering Hope’s website to view our Journey Bag wish list.

[FOSTERINGHOPEOHIO.ORG/GIVE](https://fosteringhopeohio.org/give)

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