



30 Days of Smiles Resource Sheet

Suggested ideas and thoughts on personalizing your Sunshine Basket

The Sunshine Basket's purpose is to provide encouragement, laughter and family time that can provide memorable, magical moments for your child during their courageous battle. The literature can provide hours of enjoyment over the weeks and months ahead. In addition if there are family members and friends that are looking for a way to show your child that people care and are thinking about them the **30 Days of Smiles** is a great project for them. Below are ideas on how to provide an opportunity for your child to "draw" one gift from the Sunshine Basket for each of the next 30 days.

Thoughts to consider:

It's essential to follow all hospital and patient-specific guidelines when choosing gifts. For example, many hospitals don't allow live flowers in rooms to reduce the chances of allergic reactions (also find out about perfumes or room fresheners). Your recipient may also be on a restricted dietary regimen. Check with hospital staff about giving electronic gadgets because they may interfere with equipment such as heart monitors.

(Most of these items should be inexpensive, easy to make/find, and focused on the interests and preferences of the patient based on your knowledge of them because you are either a family member or friend.)

- Handwritten notes/cards on fun stationery with themes they like
- Burn a music cd with some of their favorite music
- Make a DVD with greetings and encouragement from family, friends, classmates, youth sports teammates
- Toiletry items such as toothpaste, body lotion, lip gloss, etc
- Sports themed gifts of their favorite teams: t-shirts, caps, decals, stuffed mascots
- Clothing accessories: ball cap, scarves, socks, small jewelry items, handmade tie-dye shirt
- Stuff toys - mini and inexpensive
- Snack items
- Holiday decor items (if appropriate time of year): mini desktop Christmas trees; sno-globes; valentines; seasonal stuffed toys; removable decals; room fresheners; Christmas tree ornaments preferably handmade)
- photo collages: thumb drive for computer/ipad; photo scrapbooks; photo frames small
- Gift cards: iTunes; restaurants; clothing stores; toys r us, etc
- Homemade goodies to tantalize the taste buds (must include favorite cookies and popcorn balls!)
- coupon for a free in room neck, back or foot massage (contingent on medical staff approval)
- personalized travel size mirrors with one word affirmations
- Gag gifts - just a few to tickle the funny bone (see website for link)
- Friendship bracelets
- S'mores Gift Box (see website for link)
- Puzzle books
- Silk flowers