



Make a Birthmother Gift Bag!

For many women who make an adoption plan for their baby, their adoption journey can be filled with hope, joy and also pain and grief. They are making a brave, beautiful, and sacrificial decision, but sometimes the most loving decisions are also the most painful ones.

At Lifeline, every expectant mother has a counselor that supports her throughout her pregnancy and offers post-adoption grief care. The counselor also has the privilege of sitting with her, advocating for her, and supporting her during her hospital time.

If you would like to be a part of encouraging women who are making this brave and sacrificial decision, you can make a birthmother gift bag. These gift bags are given to women as an encouragement as they walk through one of the most difficult yet beautiful decisions of their lives.



To create a birthmother gift bag, please gather some of the below suggested items and pack them in a nice tote bag:

- \$5.00 - \$10.00 Gift Cards (Starbucks, McDonalds, Chick-fil-A, etc.)
- Stationery (for writing a letter to her baby, adoptive parents, etc.)
- Stamps
- Journal
- Crossword Puzzle, Coloring Book for Adults, Sudoku, etc.
- Colored Pencils or Pens
- Nail Polish, Bath Bombs, Lotions, etc.
- Disposable Camera
- Picture Frame
- Candles

Many of the women that we work with struggle to make ends meet, so being able to give them a gift card or a gift bag can make a huge difference to them as they walk through the adoption journey.

If you would like to make a Birthmother Gift Bag, or hear more about Lifeline's programs centered around expectant moms, please visit our website at pregnant.lifelinechild.org or call a pregnancy counselor today at 205-967-0811!



Make a Birthmother Hospital Bag!

For many women who make an adoption plan for their baby, their time in the hospital is filled with deep pain and grief. They are making a brave, beautiful, and sacrificial decision, but sometimes the most loving decisions are also the most painful ones.

At Lifeline, every expectant mother has a counselor that supports her throughout her pregnancy and offers grief counseling post-adoption. The counselor also has the privilege of sitting with her, advocating for her, and supporting her during her hospital time.

If your family, small group, or church would like to be a part of Lifeline's pregnancy counseling ministry, we are in need of hospital bags for birthmothers. A hospital bag is a small gift that you can give to an expectant mother as a way to express to her that she is valuable and important.



To create a hospital bag, please gather some of the below suggested items and pack them in a nice tote bag:

- Toiletries (*shampoo, conditioner, toothpaste, toothbrush, mouthwash, etc. - full size*)
- Lotion
- Hand Sanitizer
- Hair Ties/Hairbrush
- Socks
- Throw Blanket
- Robe or Slippers for After Delivery
- Coin Purse with Change for Vending Machines
- Ace Wraps
- Chapstick
- Stationery (for writing a letter to her baby, adoptive parents, etc.)
- Journal
- Devotionals (*My Utmost for His Highest* by Chambers or *Morning and Evening* by Spurgeon)
- Crossword puzzle, adult coloring book, Sudoku, etc.
- Disposable Camera

While most hospitals provide some of the basics, women often do not want to use the two-in-one shampoo/conditioner or the hospital toothbrushes that fall apart. If you would like to make a hospital bag, or hear more about Lifeline's pregnancy counseling ministry, please visit our website at pregnant.lifelinechild.org or call a pregnancy counselor today at 205-967-0811!



learn more and donate at lifelinechild.org/thewell