



# COMFORT CASES UK

INSPIRING COMMUNITIES TO BRING DIGNITY AND HOPE TO YOUTH IN  
FOSTER CARE

On any given day, there are approximately 65,000 children in foster care in the UK. Most of them are removed from their homes with little more than the clothes on their backs. If they do have any personal belongings, they are often given a bin bag or carrier bag to carry them in.

At Comfort Cases, we believe that every child deserves to feel a sense of dignity. Every child deserves to pack their belongings in a special bag that they can call their very own. Every child deserves to have a cozy new pair of pyjamas, a brand new warm blanket, and a new stuffed animal to hug during the traumatic transition into foster care.

We are committed to engaging communities and educating the public about the issues facing youth in foster care. We believe in the importance of encouraging young people to lead by example and to take action to alleviate the suffering of children in the system. We are aiming to provide volunteer opportunities for all ages so that the entire community can truly be involved together.

## MAKE A DIFFERENCE IN THE LIFE OF A CHILD IN FOSTER CARE

We believe in a compassionate community that cares for the most vulnerable among us, and we can all do something to bring comfort to children in foster care. From making a monetary contribution, to organizing a Donation Drive, shopping our Amazon Wish List, or volunteering, there are many ways that people can make a difference. Please join us as we work to eliminate bin bags from the system and show children in foster care that they really do matter.

Comfort Cases are backpacks filled with comfort and personal care items for youth entering the foster care system. Typically, children are given a bin bag to pack up their belongings when they are removed from their homes. We are working to end this practice while providing the essentials for a child's first few days in foster care.

*"The Comfort Case is a wonderful trauma-informed intervention."*

*Children who have learned that they are unimportant receive new things of their own. Toiletries and dental supplies communicate the importance of self-care and self-worth. The stuffed toy and blanket help soothe and comfort. The book provides a healthy distraction and intuitively teaches an important component of stress management. The journal and colouring book help to calm distressing feelings.*

- Suzanne Friedman, Ph.D.

## What's In A Comfort Case?

### Baby Up to 2 years old

- Small Duffel Bag or Backpack
- Pyjamas (newborn to 2t)
- Baby Blanket
- Baby Shampoo
- Baby Body Wash
- Baby Lotion
- Baby Wipes (soft packaging)
- Nappy Cream
- Baby Bibs
- Baby Washcloths
- Baby Safe Stuffed Animal
- Board Book

### Child 3 to 10 years old

- Small Duffel Bag or Backpack
- Pyjamas, 3T to 8/10 (no nightgowns)
- Blanket
- Toothbrush
- Toothpaste (travel size)
- Shampoo & Conditioner (travel size)
- Lotion (travel size)
- Soap or Body Wash (travel size)
- Stuffed Animal (12" or smaller)
- Colouring Book & Crayons
- Book

### Teen11+ years old

- Small Duffel Bag or Backpack
- Pyjamas, Child Size 10 to Adult 3XL
- Blanket
- Adult Toothbrush
- Toothpaste (travel size)
- Shampoo & Conditioner (travel size)
- Lotion (travel size)
- Soap or Body Wash (travel size)
- Deodorant
- Stuffed Animal (12" or smaller)
- Journal
- Pens & Pencils
- Book