

## How Can I Help?

Our pregnant moms are given the opportunity to take Childbirth Prep classes through our program, where they can learn about all the different stages of pregnancy. As a result of taking certain essential topics, each client is eligible to receive a layette, which contains items you typically receive at a baby shower.

## Our greatest Layette needs include:

Diaper bags (gray backpack style)

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Diaper cream

**Baby lotion** 

White onesies (size NB or 0-3)

Infant tubs

Baby bottles (4 and 8 oz)

Pack & Plays
Single & double full-size strollers

Amazon Wishlist Link: <u>Amazon</u> <u>Wishlist: https://a.co/433c47T</u>

Thank you so much for partnering alongside us to love and support our mamas!

For more information contact us at 518-462-2188 info@alphacare.org