



Host a Baby Shower or Baby Sprinkle for GDCDB!

We love babies at Greater DC Diaper Bank! And celebrating the birth of a baby with a shower is a perfect way to honor the mama---to---be! Moms who are having their second or third children often don't need more gear or clothing. So, instead of asking guests to bring items for the new baby, why not collect diapers and other baby essentials for DC Diaper Bank? Below are some ideas for throwing the a wonderful event that gives back!

Tips & Ideas

- **Let us know how great you are!** Let us know you are asking guests to donate so we can share who gives with you. We, of course, send a thank you letter to all donors, but you'll want to know too!
- **Check out the Drive Toolkit for ideas.** We've given you some ideas connected to a baby shower here, but there's no wrong way to throw a diaper drive!
- **Create a Giving Registry or share the DCDB registry with your guests.** You can still have all the fun of creating a registry – some folks do love to show up with gifts in hand. Diapers are on the registry, but we also need wipes, cream, sleep sacks and other baby essentials. Visit our Amazon Wishlist for ideas, or check the website!
- **Set a goal for your drive.** A newborn needs 10---12 diapers a day – something you will experience (or re---experience!) with the arrival of your new baby. Set a goal to diaper a newborn in need for a month (300 diapers), three months (900 diapers), or a year (3,650).
- **Share with your guests why this is an important issue for you and your growing family.** We included an insert you can include with your shower invitations, but think about putting your own spin on why this issue matters to you and your family.
- **Many ways to give.** There are many ways to get involved with our work and many ways to help our neediest families. Share information about [volunteering](#), recurring giving programs, and how our work is growing at your shower.



Why a Diaper Bank?

Greater DC Diaper Bank, founded in October 2010, works to provide a reliable and adequate supply of free diapers to families in need living in the Washington, DC metropolitan area. Though it may seem a small thing, by making available a consistent supply of clean diapers, DC Diaper Bank instantly improves the life of a family in a very tangible way.

- 44% of children under age three in DC live in low-income families (<200% Federal Poverty Level); children under age three in Maryland (33%) and Virginia (36%) share this reality.
- The cost of living in the DC metro area is the 8th highest in the United States.
- One in three mothers has reported running out of diapers for their child; mothers living in poverty report this at a higher rate (36%) and on a regular basis (monthly).
- Families who are not able to afford an adequate supply of clean diapers often must leave their babies in a single diaper all day or re-use disposables, which can result in diaper rash, infection, and other detrimental health issues.
- Excessive crying, which is often the result of diaper rash or discomfort, is the number one cause of child abuse.
- The early experiences of infants lay the foundation for their social and emotional relationships, and infants whose mothers experience prolonged stress and depression suffer long-term physical, mental, and social consequences.

Greater DC Diaper Bank provides an average of 180,000 diapers to more than 4,000 families each month through 40+ social service agencies in DC, Maryland, and Virginia. **To date, Greater DC Diaper Bank has donated more than 5.5 million diapers to families in need.**

Questions?

Greater DC Diaper Bank staff are excited to work with you and your family to help babies in need in our region. We are happy to answer and all questions have and can be contacted at the phone number and email address below.

In lieu of favors a
donation has been made to



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grow up happy, healthy, and strong!

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