

happy
4TH
OF
July



"July is a blind date with summer."

~ Hal Borland



**Benchmark
Family Services**

Therapeutic Foster Care

Happy 4th of July!

Summer is finally here, bringing with it the perfect opportunity for fun and family time. As we celebrate this day of independence, it's also a great moment to focus on helping the children in your home develop essential independent living skills.

While we're not suggesting you turn them into overnight master chefs or cleaning aficionados, a little guidance in basic household tasks and self-sufficiency can make a big difference in their future.

Below, we've included some valuable tips and insights on fostering independence in children, equipping them with the tools they need to navigate adulthood successfully.

Enjoy the summer festivities and cherish the time spent with loved ones!

[Visit Our Website](#)

Mark Your Calendar



Virtual Training Opportunities

Our virtual training sessions are live webinars, and count toward your face-to-face training hours for the year. We added all virtual training opportunities for the year to our website. [Click here](#) to easily find and sign up for the courses that are most convenient for you!

July

7/6:

[Transracial Fostering](#)

7/15:

[Common Behaviors and Diagnoses](#)

7/25:

[Learning Disabilities](#)

August

8/10:

[Bullying and Foster Care](#)

8/19:

[De-Escalation](#)

Don't miss out on training opportunities or any of your office's upcoming events! Just click the link below to go to our website and find your local office!

[View Calendar](#)

Program Outcomes



Independent Living Skills



When children find themselves in the foster care system, it is crucial to provide them with the necessary tools and support to navigate their transition into adulthood successfully. One of the most essential skills foster children need to acquire is independent living skills. These skills empower them to become self-reliant, confident, and capable individuals as they navigate the challenges of adult life. In this blog post, we will explore various ways to teach children in foster care independent living skills, helping them pave the way to a brighter future.

Life Skills Workshops: Organize regular life skills workshops specifically tailored to foster children. These workshops can cover a wide range of topics, such as budgeting, cooking, personal hygiene, home maintenance, and time management. Engage professionals and experts in these fields to conduct interactive sessions, allowing the children to learn practical skills and ask questions.

Mentorship Programs: Establish mentorship programs where foster children are paired with responsible and caring adults who can provide guidance and support. Mentors can help children develop essential independent living skills by assisting with homework, teaching them how to navigate public transportation, offering career advice, and providing emotional support.

Financial Literacy Education: Teach foster children about money management, budgeting, and financial literacy. Help them understand concepts such as saving, banking, debt, and basic financial planning. Encourage them to set realistic financial goals and provide opportunities for them to practice money management, such as creating a mock budget or saving for a small purchase.

Practical Household Tasks: Foster children should be given opportunities to practice various household tasks to foster self-sufficiency. Assign age-appropriate chores like cooking simple meals, doing laundry, cleaning, and maintaining personal spaces. Encourage them to take responsibility for these tasks and gradually increase their level of independence.

Health and Wellness Education: Provide comprehensive health and wellness education, including physical and mental health awareness, nutrition, exercise, and self-care. Foster children should be educated about the importance of regular medical check-ups, proper nutrition, and stress management techniques. Encourage them to develop healthy habits and help them access necessary healthcare services.

Job Skills Training: Support foster children in acquiring job skills that will be invaluable as they enter the workforce. Offer vocational training programs, career exploration sessions, resume building workshops, and interview preparation. Connect them with local businesses and organizations for job-shadowing opportunities or part-time employment.

Educational Support: Ensure that foster children have access to quality education and academic support. Advocate for their educational needs and connect them with tutoring services or mentorship programs that can provide additional academic assistance. Encourage them to set academic goals and foster a love for learning.

Emotional Support and Life Coaching: Provide foster children with emotional support and life coaching to help them develop resilience, coping mechanisms, and self-confidence. Engage them in individual or group therapy sessions, peer support groups, and recreational activities that promote socialization and personal growth.

Teaching independent living skills to children in foster care is a vital aspect of their preparation for adulthood. By equipping them with these skills, we empower them to overcome challenges and build a foundation for success. Through life skills workshops, mentorship programs, financial literacy education, practical household tasks, health and wellness education, job skills training, educational support, and emotional support, we can make a lasting impact on the lives of foster children.

Together, let us ensure that these resilient young individuals have the tools and resources they need to thrive and create a brighter future for themselves.

Referral Bonus Opportunity



Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

Employee of the Month

Kentucky: Timara Rucker

Therapeutic Support Specialist, Supervisor,
London Office

Timara started working in London as a TSS in July 2022 and was promoted to TSSS in December 2022. Timara is such a reliable member of the London TEAM. Timara is supportive and respectful of her colleagues and goes above and beyond for her TEAM and foster parents. Timara is a strong leader who maintains a positive and strong relationship with all co-workers, has great communication skills, strong ethics, and the ability to inspire employees. She is always willing to help assist during an emergency crisis while providing great leadership to help guide her TEAM. We are so blessed to have Timara as part of our BFS family!

Indiana: Brooke Laughlin

Senior Therapeutic Support Specialist,
Indianapolis Office

Brooke goes above and beyond for the youth and homes she manages daily. Brooke has implemented training binders to help her foster parents who need additional training hours. She has worked for Benchmark 1.5 years and was promoted to Senior TSS. Brooke exemplifies the four tenets: productivity, attitude, customer service, and efficiency. Brooke is a solid case worker and great teammate to the Indianapolis team.

