



**Benchmark
Family Services**
Therapeutic Foster Care

**"You can cut all the flowers but you cannot keep spring from coming."
- Pablo Neruda**

In honor of National Foster Care Month, we would like to express our deep gratitude to the foster parents and staff who work tirelessly to provide a stable home for the youth in our care. To prevent foster parent burnout, we have provided some helpful tips. While you prioritize the well-being of these young individuals, it's important to also prioritize your own self-care.

This month, we are also celebrating Mother's Day, and recognizing all of the hard-working moms out there! Whether you are a biological mother, stepmother, foster mother, adoptive mother, or simply a mother figure, your efforts make a significant impact on the lives of many. Take some time to celebrate yourself this month and explore some of our Mother's Day ideas below.

[Visit our Website](#)

Special Dates



May 12th: National Provider Day

May 12th: International Nurses Day

May 14th: Mother's Day

May 19th: Endangered Species Day

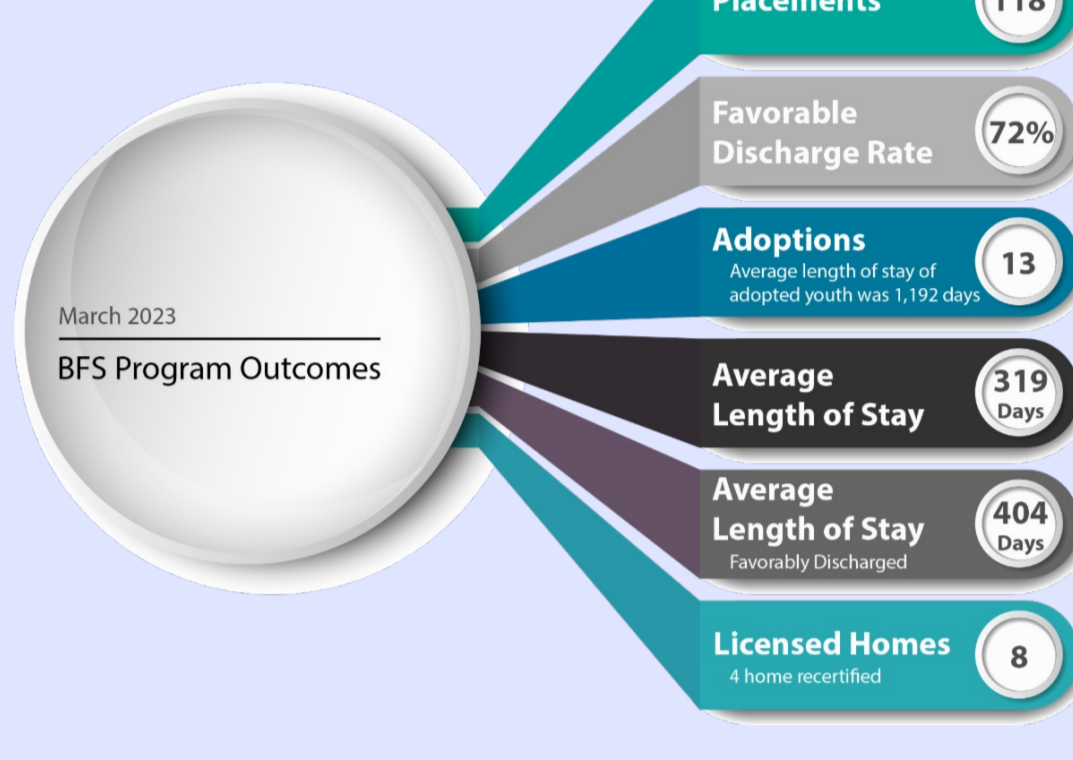
May 25th: National Missing Children's Day

May 29th: Memorial Day

May 30th: National Creativity Day

May 31st: National Smile Day

Program Outcomes



Celebrating Mother's Day

As we celebrate Mother's Day this month, we want to take a moment to appreciate and honor all the hard-working moms out there, including biological, step, foster, adoptive, and mother figures. As a foster parent, you play a critical role in providing stability, love, and support to the children in your care. We know how challenging it can be to balance your responsibilities as a parent with your own needs, so we've compiled some Mother's Day ideas to help you celebrate and prioritize self-care:

Plan a picnic at a local park

Take advantage of the beautiful spring weather and plan a picnic at a nearby park. Pack a basket with your favorite foods, blankets, and games to enjoy with your family. You can even invite other foster families or friends to join in on the fun.

Take a spa day to relax and rejuvenate

Treat yourself to a day of pampering and relaxation. Book a massage, facial, or manicure/pedicure at a local spa or salon. You can also create a spa day at home with DIY face masks, bubble baths, and scented candles.

Have a movie marathon with your family

Plan a movie marathon with your family and enjoy some quality time together. You can choose a theme, like a Disney movie marathon or a series of comedies. Don't forget the popcorn and snacks!

Cook a special meal together

Cooking a special meal together is a great way to bond with your family and create lasting memories. You can choose a family recipe or try a new dish together. Don't forget to involve the kids in the cooking process!

Spend the day getting creative with arts and crafts

Get creative and spend the day doing arts and crafts with your family. You can make handmade cards, paint or draw together, or create a scrapbook of your favorite memories.

Whatever you choose to do, make sure to take some time to reflect on all the amazing things you do as a mom. You are appreciated, loved, and valued more than you know! As always, thank you for your dedication and commitment to providing a safe and nurturing home for the children in our care. We appreciate all that you do, and we hope you have a wonderful Mother's Day!

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!

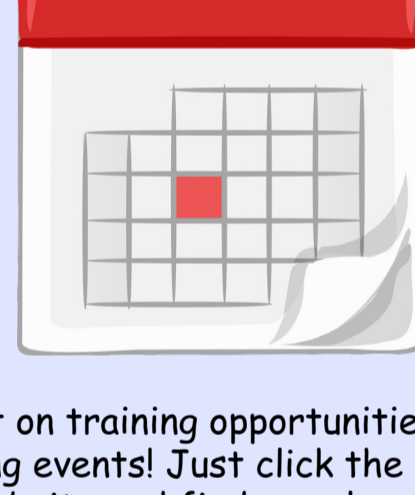
May 20th: Human Trafficking

May 30th: Reactive Attachment Disorder

June 8th: Appropriate Discipline

June 17th: First 30 Days of Placement

June 22nd: Trauma and the Brain



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](#)

Preventing Foster Parent Burnout

Foster parenting is a rewarding but challenging experience that requires a lot of patience, dedication, and selflessness. It's not uncommon for foster parents to feel overwhelmed and stressed out at times, leading to burnout. To prevent burnout, it's essential to prioritize self-care and adopt some healthy strategies. Here are some tips to help prevent foster parent burnout:

- 1. Seek support:** Join a foster parent support group, connect with other foster parents, and share your experiences. Talk to a therapist or counselor to work through any challenges or emotions you may be feeling.
- 2. Take breaks:** It's essential to take some time for yourself to recharge and rejuvenate. Take a weekend getaway, have a date night with your partner, or engage in hobbies and activities that bring you joy.
- 3. Practice mindfulness:** Mindfulness practices like meditation, yoga, or deep breathing can help you manage stress and stay present in the moment.
- 4. Set boundaries:** Establish clear boundaries with the children in your care, and don't be afraid to say no when you need to. It's okay to take a step back and prioritize your own needs.
- 5. Ask for help:** Don't hesitate to ask for help when you need it. Reach out to your support system, and consider arranging for a respite to provide a temporary relief.

Remember, taking care of yourself is just as important as taking care of the children in your care. By adopting these healthy habits and prioritizing self-care, you can prevent foster parent burnout and continue to make a positive impact on the lives of the children in your care.

Employee of the Month

Kentucky: Kelly Whitt,
Senior Therapeutic Support Specialist
Morehead Office

Kelly has been a valued member of team BFS Morehead for several years and has recently been promoted to Senior Therapeutic Support Specialist! She is a dedicated employee who understands the importance of helping and supporting our families and kids. She is also very dedicated to assisting her other team members with whatever is needed and always has a positive attitude! Kelly enjoys spending time with her husband Matt and her baby girl, Meritt, as well as other family and friends.

Indiana: Sandra Price,
Office Manager
Terre Haute Office

Soni has been with Benchmark for over a year now wearing many different hats in a startup office. She is a ROCK STAR and team player that is always willing to help in whatever capacity she is needed above her job duties from party planning, office maintenance/cleaning, assisting foster parents within the office and ensuring the office looks great each and every day. Thank you Soni for all that you do!

Ohio: Mary Patton,
Account Clerk II / Receptionist
New Carlisle Office

Mary has been with Benchmark for close to 8 years and it has had a few different roles along the way. I think it is fitting to say that she has found her niche at the front desk as the first smiling face that folks see when they walk through the door. As Receptionist, she communicates with the team exceptionally well to make sure pertinent information is passed to the correct person. The front desk can be a very "happening" place but she always manages to stay on task, yet still make anyone who passes through feel welcome. Mary is the epitome of a team player - and we are lucky to have her on ours.

