



"I'm so glad I live in a world where there are Octobers."

- L.M. Montgomery

Happy Halloween!

HAPPY HALLOWEEN

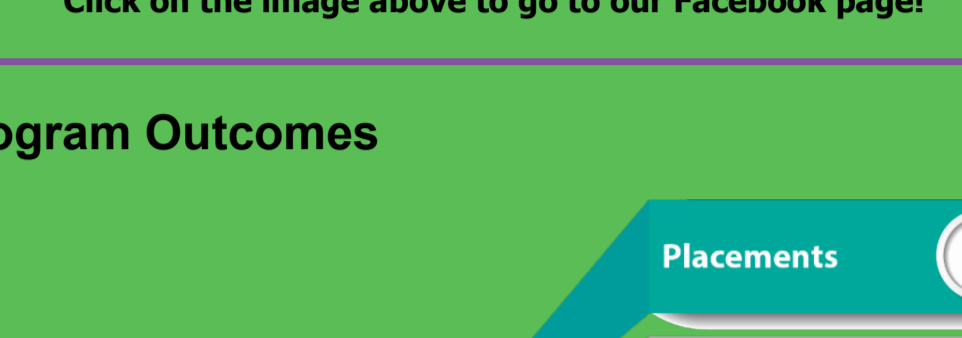
From Benchmark Family Services

Get ready for Halloween fun with your family! October is here, and it's time to start planning your costumes and deciding how you'll celebrate this exciting holiday.

Visit Our Website



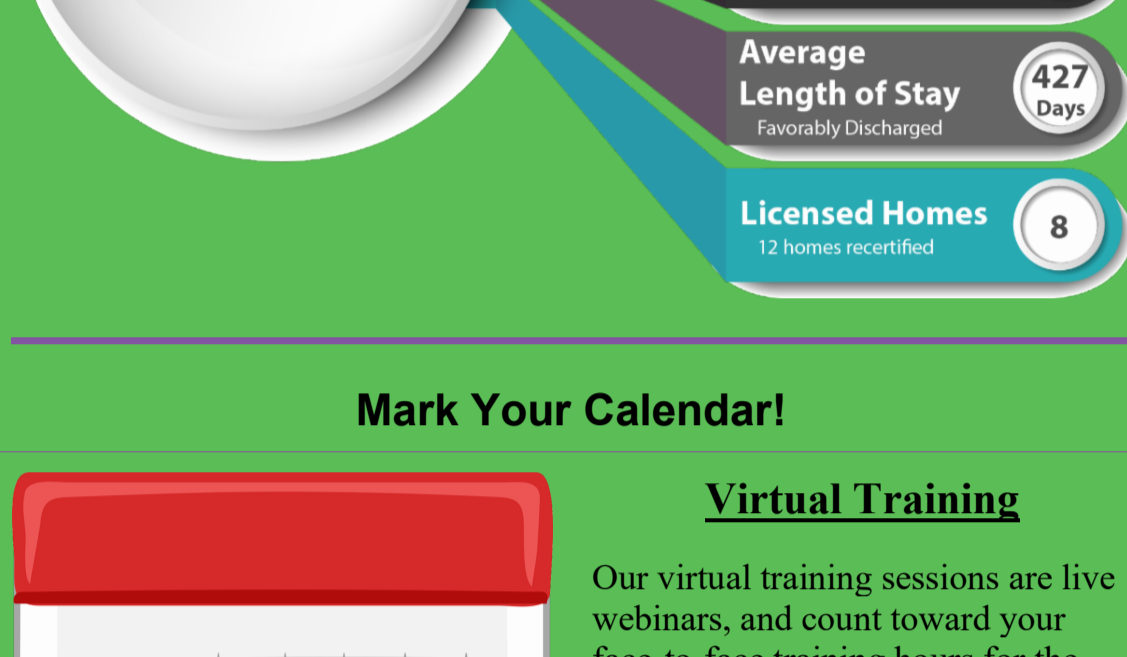
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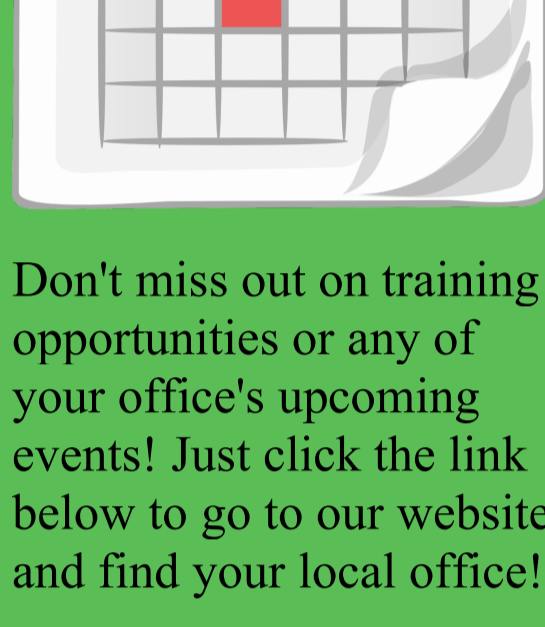
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Click on the image above to go to our Facebook page!

Program Outcomes



Mark Your Calendar!



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

Virtual Training

Our virtual training sessions are live webinars, and count toward your face-to-face training hours for the year.

October

10/28: Effects of Childhood Trauma

10/31: Appropriate Discipline

November

11/9: Effective Communication Skills

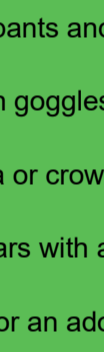
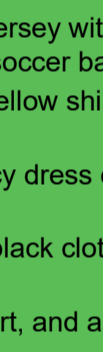
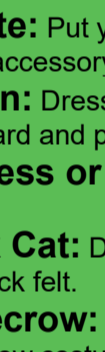
11/11: Working with your Child's School-504, IEP's

11/16: Children in Foster Care and Holidays



Last Minute Costumes

Need a last-minute Halloween costume for your child? Look no further! We've gathered quick and easy costume ideas that use common household items or items readily available at local stores.



- Ghost: Use an old white sheet with holes cut out for eyes.
Mummy: Wrap your child in toilet paper or white bandages, leaving gaps for them to see and breathe.
Superhero: Have your child wear their favorite colored clothing and attach a homemade paper logo to their chest.
Cowboy/Cowgirl: Use jeans, a plaid shirt, and a bandana for a classic Wild West look.
Witch: An old dress, a witch's hat, and a broomstick can make a simple witch costume.
Pumpkin: Dress your child in orange clothing and make a pumpkin face mask from construction paper.
Vampire: A white shirt, black pants, a cape, and some fake fangs can transform your child into a vampire.
Ninja: Use black clothing, a belt, and create a ninja mask from a black t-shirt.
Athlete: Put your child in a sports jersey with matching shorts or pants and add a toy sports accessory like a basketball or soccer ball.
Minion: Dress in overalls, wear a yellow shirt, and create a minion goggles with some cardboard and paint.
Princess or Prince: Use a fancy dress or suit, and add a tiara or crown for a royal touch.
Black Cat: Dress your child in all black clothing and create cat ears with a headband and black felt.
Scarecrow: Overalls, a flannel shirt, and a straw hat can make for an adorable scarecrow costume.
Zombie: Rip up old clothes, add some face paint for a pale and undead look, and mess up their hair.
Rockstar: Dress your child in flashy clothing, add some sunglasses, and give them a toy microphone or guitar.
Chef: Use an apron, a chef's hat, and give your child a toy spatula or mixing spoon.
Farmer: Overalls, a plaid shirt, and a straw hat can create a simple farmer costume.
Pirate: Dress in striped clothing, add an eyepatch, and create a pirate hat from newspaper.
Harry Potter: A pair of glasses, a cape, and a drawn-on lightning bolt scar can turn your child into the famous wizard.
Clown: Bright and mismatched clothing, a red nose, and some colorful face paint can make a fun clown costume.

Remember that safety is important, so make sure your child's costume is comfortable, allows them to move freely, and is appropriate for the weather conditions.



Family Activities for October

October is a perfect time for foster families to come together and create lasting memories with a variety of fun and festive activities.



Visit a Pumpkin Patch: Take a trip to a local pumpkin patch to pick out pumpkins for carving or decorating.
Host a Pumpkin Decorating Contest: Have a family competition to see who can create the most unique or artistic pumpkin design.
Fall Nature Walks: Explore nearby parks or nature trails to admire the beautiful fall foliage and enjoy the crisp autumn air.

Outdoor Picnic: Have a picnic in a local park, complete with fall-themed snacks and hot cider.
Craft Day: Engage in creative fall-themed crafts like making wreaths, decorating pumpkins, or creating leaf art.
Baking Day: Spend a cozy day in the kitchen baking fall treats such as pumpkin muffins, apple crisp, or caramel apples.



Leaf Pile Jumping: Rake up a pile of leaves and let the kids jump in - a classic autumn activity.
Harvest Festival: Attend a nearby harvest festival to enjoy live music, food, and various activities for all ages.
Cooking Together: Involve the kids in cooking a hearty fall meal, like chili or a seasonal soup.

Explore a Corn Maze: Many farms offer corn mazes during October - it's a fun way to get lost in the spirit of the season.
Visit a Zoo or Farm: Explore a local zoo or petting farm to see animals and learn about their behaviors during the fall.
Charity Work: Giving back to the community by volunteering as a family at a local shelter or organizing a charitable event.



Storytelling Night: Gather around a campfire or indoors with flashlights and share spooky or fall-themed stories.
Scavenger Hunt: Organize a fall-themed scavenger hunt in your backyard or at a nearby park for some outdoor adventure.
Haunted House Visit: For older children who enjoy spooky thrills, visit a haunted house attraction.

Pumpkin Carving: Get creative with pumpkin carving and create unique jack-o'-lanterns to decorate your home.
Costume Parade: Organize a costume parade at home where everyone can dress up and showcase their creativity.
Community Events: Check out local fall festivals, fairs, or events happening in your area for family-friendly entertainment.



These activities offer a mix of outdoor adventures, creative endeavors, and seasonal traditions that foster families can enjoy together during the month of October.



Referral Bonus Opportunity

TOGETHER WE CAN MAKE A DIFFERENCE

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.

Employee of the Month

Kentucky: Zane Crouch
Therapeutic Support Specialist,
Morehead Office

Zane has been a fantastic addition to Benchmark Family Services. He dedicates a significant amount of time to ensure that all of his youth feel valued, showing a genuine interest in fulfilling their needs and desires while also advocating to ensure they feel heard and validated when expressing themselves.

Indiana: Katelyn Baldwin
Senior Therapeutic Support Specialist,
Crawfordsville Office

Katey has been a valuable member of our team since she joined as a TSS in 2021. Over the past two years, she has continuously expanded her knowledge of the foster care system and the licensing process.

