

# Support Services Brainstorming: FAM Basics Pathway

## **1) Meal Support (Fresh or Freezer Meals)**

Provide ready-to-eat meals or freezer meals during new placements, busy seasons, or hard weeks. This gives families the time to focus on their kids instead of cooking.

## **2) Laundry & House Help**

Offer help with laundry, dishes, light cleaning, or organizing. This helps take pressure off families who are adjusting to new routines and juggling full schedules and lots of responsibilities.

## **3) Lawn Care Team**

Mow grass, trim edges, and handle basic yard work. This helps keep the family's home cared-for without adding to their overflowing to-do list.

## **4) Handyman & Home Repairs**

Help with small repairs like fixing doors, installing shelves, or safety updates. This can be useful when a family is preparing their home for a new child, or when something breaks and their schedule is already full with child-related responsibilities.

## **5) Date Night Babysitting**

Provide safe, trusted childcare with CPR-certified and background-checked babysitters so parents can rest and reconnect. This can be planned on a schedule or offered as needed.

## **6) Transportation Support**

Help with rides when schedules overlap. This could include getting a child to appointments, school, or activities when caregivers are pulled in different directions. This provides practical relief during busy or high-demand times.

## **7) Mom's Morning Out**

Host a few hours of childcare during the day. This gives exhausted moms or caregivers time to rest, run errands, or recharge.

## **8) New Placement Care Packages**

Most placements occur with little to no notice, oftentimes within hours. You can help by delivering essentials when a child arrives. Have things like clothing, toiletries, comfort items, and gift cards ready to be dropped off to a family immediately after receiving a child.

## **9) Respite Care/Overnight Help**

Respite care providers are extremely hard to find. Build a team at your church to offer short-term care for families, including overnight stays. This gives families an extended break, assists when a family has travel plans but DSS requires the child to remain home, and helps prevent burnout.