

The Support You Deserve, From Day One to Every Stage After



Parenting is filled with moments of joy, connection—and sometimes, confusion. One minute you're holding a baby who depends on you for everything, and the next, you're navigating tantrums, screen time, friendships, and big feelings.

RethinkCare's Parental Success solution is a free employee benefit that gives your family 24/7 access to live consultations, tools and resources to help you learn new parenting skills and focus on your own mental health during the early stages of childhood through adolescence.

Practical Help When You Need It Most

RethinkCare provides clear, compassionate guidance to help you build habits and routines that support your child's development—and your own mental well-being.

- Feeling overwhelmed? We offer digital tools to manage stress and connect with calm.
- Unsure about how to respond to certain behaviors during the toddler phase and beyond? Speak 1:1 with our board-certified behavior experts.
- Need support with raising a child with autism, ADHD or dyslexia? We have expertise in neurodiversity and special education.

Built to Grow With You

As your child grows, so do the challenges—and the opportunities. RethinkCare adapts with you, offering support at each new stage:

In the early years

- Establish calm routines
- Build emotional bonds
- Manage stress and transitions

As your child develops

- Understand & guide behavior
- Encourage independence & cooperation
- Foster emotional intelligence & resilience

Simple Tools. Big Impact

RethinkCare is a full support system grounded in child development science and designed for real-life parenting. From everyday parenting questions to navigating the complexities of caring for a neurodivergent child, we are here to help with:

- **Expert-led content you can trust and access anytime**
- **Tools that fit into your daily routine**
- **A focus on your well-being, not just your child's**
- **Ongoing support from experts who truly understand**

New to RethinkCare? Enroll Today!

Get started at connect.rethinkcare.com/sponsor/spe with code **SPE.**

Give yourself and your family the benefit of RethinkCare.

Questions?

Reach out to support@rethinkcare.com.