



With RethinkCare You Have Parenting Experts in Your Corner

Our experts consult with parents and caregivers to provide personalized, confidential guidance through telephone or video-based sessions. Whether your child has a developmental challenge such as autism or ADHD or you are dealing with issues like potty training, bullying or test anxiety -- our experts are here to help! Appointments with Parenting Experts are available **at no cost to you**.

Your child does not need a diagnosis for you to consult with a Parenting Expert.



Our On-Staff Parenting Experts Are

- Board Certified Behavior Analysts (BCBAs).
- Masters- or doctoral-level practitioners with experience working in schools, clinics, and home therapy settings.
- Specialists in managing concerns including learning and developmental disabilities such as autism, ADHD, and Down syndrome.



Get Parenting Support When You Need It

- Appointments are generally available within 48 hours of your request and can take place at a time that works for you, including the weekend.
- Sessions last 30 or 60 minutes, based on your preference.
- You can bring a partner, spouse, or other member of your child's care team to the session.



What to Expect from Your 1:1 Appointment

- Your Parenting Expert will ask about your concerns and goals. They will also ask about your child's abilities, progress and therapies as applicable.
- Our experts will help you incorporate helpful strategies and resources into your home routine.
- Ongoing cadence is based upon your needs. Subsequent sessions can be scheduled by your expert, or online.
- Option to securely message your expert between sessions.

What Can Our Experts Help With?

- Supporting learning and developmental needs for children across all abilities
- Providing strategies to communicate more effectively with children
- Addressing problematic behaviors and improving the home environment
- Collaborating more effectively with school and other caregivers
- Teaching socialization, language, self-help, and academic skills (ex; Independent and social play, language development, self-advocacy skills, attention and focus)
- Answering questions about developmental challenges (ex., potty training, etc.)
- RethinkCare support is optimal for children aged 1-18 years.

Scope of Practice for Parenting Experts

RethinkCare gives you the ability to meet virtually with on-staff Parenting Experts to discuss a developmental and learning challenges including autism, ADHD and other learning disabilities. Appointments are applicable to children across all abilities. Your child does not need a diagnosis for you to speak with a Parenting Expert. This chart below provides a high-level outline of the type of support for which you might consult a RethinkCare Parenting Expert. RethinkCare's parenting support is optimal for children aged 1-18.



WITHIN SCOPE

- Discuss challenges pertaining to child's learning or behavior in school, community, and home settings with parent
- Provide evidence-based strategies for parent to implement with ongoing troubleshooting
- Review school assessments, feedback and other documentation to help the parent understand and recommend strategies to address issues
- Meet with providers (e.g., teacher, therapist) to collaborate for the purposes of parent training/ generalization with parent present
- Guide parent with creating materials to help their child (e.g. data sheets, token boards, social stories, etc)
- Suggest specific RethinkCare lessons based on the parent's description of the child's current abilities.
- If the issue is out-of-scope for RethinkCare, experts will refer the parent to appropriate resources for support (e.g. company EAP)



OUT OF SCOPE

- Conduct telemedicine
- Conduct psychotherapy
- Conduct in-person services
- Provide diagnoses
- Provide treatment recommendations for physical or mental health concerns (e.g., substance abuse, seizure disorder, etc.)
- Recommend levels of service (e.g., hours of treatment a child should receive)

Need Help? Email: support@rethinkcare.com