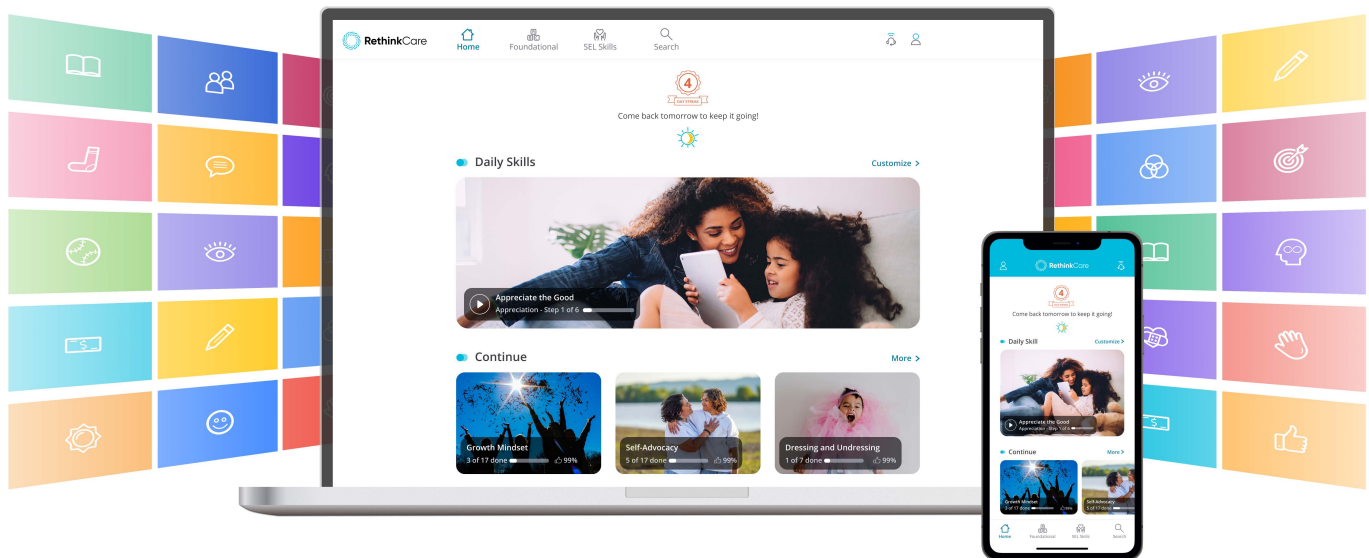
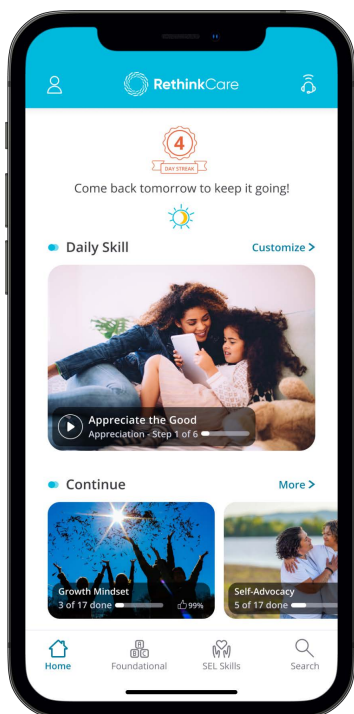


Our Parental Success Solution






Our Parental Success solution gives working parents behavioral health support for themselves and their children, including those with learning and developmental challenges.



- ✓ **1:1 Live and digital support** with anytime access to Board Certified Behavior Analysts and thousands of clinically-validated video and audio trainings.
- ✓ **Support for the caregiving unit** by empowering any caregiver to manage behaviors and access relevant trainings
- ✓ **Deep clinical expertise** for children with learning and developmental challenges, tailored approaches for each child.
- ✓ **Equitable coverage** for employees of all backgrounds with no diagnosis required.
- ✓ **Courses for parents and children** with 110+ digital mini courses and 2,400+ sessions, tips, articles and exercises.

13 training collections for parenting life skills, including raising children with autism, ADHD, and other developmental challenges.









Parental Success

 Mental Health - Parenting Skills	 Practice Mindfulness With Your Child
 Increase Awareness of Self & Others NEW	 Build Daily Living Skills NEW
 Practice Self Care NEW	 Develop Communication Skills NEW
 Manage Emotions NEW	 Develop Motor Skills NEW
 Develop Social Awareness NEW	 Foster Play and Leisure NEW
 Improve Social Skills NEW	 Prepare for School NEW
 Grow Social and Emotional Awareness NEW	

Example topics covered include:

Relationships	Screen Time	Depression / Anxiety	ADHD	Digital Safety	Daily Living Skills
Autism	Growth & Development	School Readiness / Homework	Behavioral Challenges	Sibling Rivalry	Responsible Decision-Making
Bullying	Focus & Awareness	Speech Impairment	Embracing Identities	Learning Disabilities	Down Syndrome

Example courses include:

 <p>Build Up Your Resilience 5 sessions</p>	 <p>Support Systems 16 sessions</p>	 <p>Practice Empathy and Self-Compassion 5 sessions</p>	 <p>Safe and Ethical Behavior 17 sessions</p>
 <p>Stress Management 17 sessions</p>	 <p>Enjoy School Life 5 sessions</p>	 <p>Playing Independently 9 sessions</p>	 <p>Communicate and Connect 5 sessions</p>

To learn more about our Parental Success, Personal Wellbeing & Professional Resilience solutions, visit rethinkcare.com

82% of members say RethinkCare helped them better address their child's needs.