



## 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 with Parenting Experts 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. Parenting Experts can virtually observe you interacting with your child and provide real-time guidance.
- 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 start by asking 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.
- Appointments generally take place every 2-3 weeks but the timing can vary based on your needs.

### What Can Our Experts Help With?

- Supporting learning and developmental needs for children 1-18 years old 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 such (ex; Independent and social play, Language development, self-advocacy skills, attention and focus)
- Answering questions about developmental challenges (ex., potty training, etc.)

LOGIN OR ENROLL



USE CODE: ADT

## 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 ages 1-18 across all abilities. Your child does not need a diagnosis for you to speak with an Parenting Expert. This chart below provides a high-level outline of the type of support for which you might consult a RethinkCare Parenting Expert.



### 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 assessments, IEPs, and other documentation to assist with parent understanding and recommend strategies for home generalization
- Meet with providers (e.g., teacher, therapist) to collaborate for the purposes of parent training/ generalization with parent present
- Guide parent with material generation and utilization (e.g., data sheets, token boards, social stories, etc.)
- Suggest specific RethinkCare lessons per parent description of child's current abilities
- Provide education around parental rights within general and special education school system
- Provide education around the ethics of ABA implementation (e.g., ensure supervision by a BCBA, regular data collection, child-center approaches, etc.)
- Refer parent to appropriate resources (e.g., EAP, health plan, etc.) when topic/concern is out of scope



### 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)
- Support for children 18+ years old

**Need Help?** Email: [support@rethinkcare.com](mailto:support@rethinkcare.com)