

# Parenting Support When You Need It Most

We specialize in helping parents raise happy, healthy, and resilient children.



## RethinkCare is offered at no cost to you.

Your family gets 24/7 access to tools and resources to help you understand, teach and better communicate with your child, including those with developmental and learning challenges.

### When you sign up, you get instant access to a variety of resources from RethinkCare:



#### Ongoing consultations with a dedicated parenting expert

Our team of Board Certified Behavior Analysts (BCBAs) are all master's- or doctorate-level educated and available for you to schedule a virtual consultation at the time that's best for you. Consultations take place virtually, on the phone or video chat, and appointments are confidential. You can meet with the same parenting expert every time to get guidance and support on a wide range of topics including teaching your child new skills, addressing challenging behaviors and collaborating with your child's school.



#### Unlimited access to our participant portal

You have access to more than 1,000 parenting training sessions, broken down by age and ability for all children, including those with developmental challenges. You can easily search by keywords or specific topics and save materials that can be later referenced. Our resource library includes printable learning tools, tip sheets, recorded special topic sessions with our parenting experts and more.



#### Exclusive content developed to assist your child

Rethink's clinical team continuously develops new materials, including special-topic learning sessions and a monthly podcast, Behaviorally Speaking, which focuses on seasonal and newsworthy themes to help support parents and caregivers.



**CLICK TO  
WATCH**

A 2-minute program overview to learn more about RethinkCare.



**CLICK TO  
LISTEN**

The latest episodes of Behaviorally Speaking, a podcast featuring RethinkCare Board Certified Behavior Analysts Angela Nelson and Kristin Bandi.

# Sample Materials from RethinkCare

The next few pages include actual materials from the Rethink participant portal and program. These are available for you to use and are just the beginning of the thousands of free, downloadable resources at your fingertips once you enroll.

## ABC Assessment Log

### What is ABC Data?

ABC stands for Antecedent, Behavior and Consequence. This is a strategy for assessing why a challenging behavior may occur. Documenting this sequence can help determine patterns, triggers, and trends. Understanding why a behavior occurs will help determine how to manage the behavior.

### How can you use an assessment log in practice?

You can use the ABC assessment tool to help determine the function of the challenging behavior. This log will help determine patterns of the behavior. For example, is there are particular time of day or setting this behavior usually occurs? Does the behavior occur when access to a preferred item or activity is denied or during a transition? Once the function is determined you can change the consequence to reduce the behavior. For example, if your child screams each time you turn off the TV, you turn back on the TV to stop the screaming, your child may continue to scream in the future to get more TV. Now that we have determined access to the TV is why screaming is occurring, let's use this is a teaching opportunity to teach a more appropriate behavior. Instead, when TV is removed and your child screams, do not turn on the TV. Wait for him/her to be calm and then teach him/her to appropriately request for more TV time before allowing more TV.



### Assessment Log

Behavior: \_\_\_\_\_ Date: \_\_\_\_\_

Start time: \_\_\_\_\_ End time: \_\_\_\_\_

Context/Activity	What happened BEFORE (antecedent)	What happened AFTER (consequence)	Possible reason
<input type="checkbox"/> Changing activities/Transition	<input type="checkbox"/> Request/Command given	<input type="checkbox"/> Ignored	<input type="checkbox"/> Avoiding something/someone
<input type="checkbox"/> Individual time/Alone	<input type="checkbox"/> No attention	<input type="checkbox"/> Redirected	<input type="checkbox"/> Get attention
<input type="checkbox"/> At home (e.g. dinner, homework)	<input type="checkbox"/> Waiting	<input type="checkbox"/> Discuss/Reprimand	<input type="checkbox"/> Wants access to something/someone
<input type="checkbox"/> Out in community (e.g. grocery)	<input type="checkbox"/> Told "No"	<input type="checkbox"/> Changed the activity	<input type="checkbox"/> Sensory
<input type="checkbox"/> Special event (e.g. party)	<input type="checkbox"/> Denied access	<input type="checkbox"/> Gave break	<input type="checkbox"/> Other:
<input type="checkbox"/> Engaged with sibling/peer	<input type="checkbox"/> Down time	<input type="checkbox"/> Moved away	
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:	

Notes/Questions/Reminders:





# Time Management Worksheet

## What is a time management?

Time management is the ability to predict how long it will take to complete an activity as well as allocate enough time to do so.

## How can you use a time management worksheet in practice?

The time detective worksheet can be used to help your child predict the amount of time it will take them to complete a task. Fill the sheet with common activities your child engages in. Have your child estimate how long they think it will take them to complete that task. Next, have your child complete the task and set a timer. Have your child write down how long it took for them to complete the activity. Analyze for differences and discuss with your child. Together, you can consider any barriers or distractions if the estimated and actual times do not match up. Following completion of this activity you can have your child set personal goals to get the time closer to their originally predicted completion time.

TIME MANAGEMENT						
ACTIVITY	ESTIMATED TIME <i>How long do you think it will take?</i>	ACTUAL TIME <i>How long did it take?</i>				
Get dressed						

# Token Board

**What is a token board?** It's a system that rewards desired behaviors with tokens, which kids can exchange for something they value. It serves as a visual reminder.

## How can you use a token board in practice?

You can use a token board to encourage almost any behavior.

Say your child has been having trouble starting his homework at night. Together you agree that homework will begin after dinner each night without any reminders. Every time he starts his homework without a reminder from you, he earns a token. When the board is full, he gets his choice of a tangible reward.

But be flexible based on the needs of your child. For example, if your child loses interest easily, you may want to start with fewer tokens for a reward. You may also want to give tokens more frequently. For instance, you could give a token for every 10 minutes of homework rather than just once a night. At the same time, it's important to not overuse a token board. You don't want to become too dependent on giving out rewards.

When kids feel a sense of accomplishment, they're more likely to take on new challenges.



## Frequently Asked Questions

### What is RethinkCare?

RethinkCare is the leading evidence-based training and clinical support platform for working parents and their families.

We offer 9,000+ skills training sessions and access to expert support for your ongoing parenting, personal, and professional needs. Preparing your child for school, growing in your career, and learning to meditate and manage stress are among the many topics covered in RethinkCare's expansive content library.

### Why should I use RethinkCare?

No matter what challenges you're facing, RethinkCare helps you develop lifelong resilience skills to perform better at work, as a parent, and in other realms of life. Our platform was developed with more than 85 world-leading experts in parenting, neuroscience, business, mindfulness, positive psychology, and adult learning theory.

### Is information about myself or my child shared with anyone?

No, RethinkCare never shares identifying information with your employer or anyone else.

We take confidentiality and HIPAA compliance very seriously. As such, we will not inform your employer whether you use our services. The information you provide is only used to grant you access to the platform and to build more personalized technology based on your top parenting, professional, and personal needs.

### How much does RethinkCare cost?

RethinkCare is available at no cost to you.

Program participation does not require medical insurance or other health benefits to enroll, and you may enroll for RethinkCare at any time. Your employer provides you access to the platform as a complementary holistic wellbeing benefit.

### Who can use RethinkCare's offerings?

RethinkCare's offerings are available to all employees across the globe. Some employees will also be able to invite members of their family or care team to access the platform, depending on their employer's solution in place.



### How do I get started?

1. Download the RethinkCare app on the Apple App Store or Android Google Play Store
2. Create an account using your organization's join code and authorization code provided by your benefits administrator
3. Start training using our desktop, Android, or OS app

Feel free to contact [support@rethinkcare.com](mailto:support@rethinkcare.com) if you have any questions.

### What are parenting expert consultations?

Parenting expert consultations allow you to meet virtually with one of RethinkCare's parenting experts for additional guidance. These parenting experts are Board Certified Behavior Analysts who identify and help you address your child's problematic behaviors through 30- or 60-minute consultation sessions.

### What is a Board Certified Behavior Analyst?

A Board Certified Behavior Analyst (BCBA) is a master or doctoral-level practitioner who has experience working in schools, clinics, and home therapy settings.

They are experts in handling your parenting concerns including learning and developmental disabilities such as autism, ADHD, and Down syndrome.

### **How do I schedule a consultation with a BCBA?**

1. Click the headset icon on the top right of the platform's menu bar
2. Select "Speak with a Parenting Expert"
3. Under appointments, click "Schedule a Call" button
4. Finally, follow the prompts to choose which BCBA you'd like to meet with, how long you'd like to meet, and when, then click "Submit"

### **What should I expect during my first consultation?**

During your first consultation, you will share information about your child, your goals for your time with your BCBA, and your questions about how the RethinkCare program works. There is no need to prepare before the consultation, though it may be a good idea to brainstorm a few key concerns or important information to make the consultation as efficient for you as possible.

### **Can I switch to a new BCBA as my needs change?**

Of course. We understand it takes time to find the right fit for your specific situation, and things can always change. Connecting with the right clinician is our priority, so we encourage you to take all the time you need to review our experts' bios and select the BCBA that meets your needs.

### **How long is the waiting list for a consultation appointment?**

Consultations are available within 48 hours of your appointment request.

### **When are BCBA's available and in which languages?**

RethinkCare has BCBA's working across all time zone, so you can conduct your sessions during evenings, nights, and weekends. Our BCBA's currently support five languages across multiple countries. We are constantly looking to hire additional BCBA's supporting more languages.

### **Can I talk to my BCBA outside of the consultation sessions?**

Yes, your BCBA is available to support your needs between consultation sessions. You can message your BCBA through the RethinkCare platform to share photos, links, and other files.

### **How do I know if my child and I are eligible?**

All employees are eligible for RethinkCare along with up to four additional Care Team members including relatives, babysitters, therapists, and others. You may also add more than one child to your account and create profiles for each of them.

Your child does not require any diagnosis for you to consult with our BCBA's. Our skills training sessions and expert guidance is relevant to parents of all children and can also support children and young adults with developmental disabilities such as autism, ADHD, and learning disabilities.

### **My child already receives Applied Behavior Analysis (ABA) services. How do RethinkCare's offerings differ?**

While in-home ABA services directly support your child's learning, RethinkCare is an online tool for you as a parent or caregiver. We help you continue your in-person therapy progress at home by teaching you how to better address behavior challenges, communicate, and interact with your child.

RethinkCare also supports you in collaborating with the in-home or clinic-based provider. Your ABA can use RethinkCare's resources, so you can communicate efficiently through the RethinkCare program, work on the same skills, and even share data.



Enroll in RethinkCare by visiting  
[rethinkbenefits.com/nutanix](https://rethinkbenefits.com/nutanix)  
Use code **nutanix** to enroll.

**Contact us:** 800-714-9285 • [support@rethinkcare.com](mailto:support@rethinkcare.com)