

Think of all they can accomplish.

RethinkCare is here to support you 24/7.



With RethinkCare, you have virtual access to a wide-range of resources to help you raise resilient children, including those with developmental and learning challenges.



Ongoing consultations with a dedicated Parenting Expert to address your specific challenges



Unlimited access to our website and mobile app with how-to videos and resources to help you teach your child crucial skills



Exclusive content developed to assist your child with socialization, social and emotional learning, academics and more



Catalog of goal-based training focused on family wellbeing, mindfulness for teens, organization and managing emotions



**RethinkCare**

Your employer provides RethinkCare at no cost to you and your family members including grandparents and your child's entire care team.



## Tips to Support Your Child's Focus and Organization

- Use a family calendar to schedule time for homework, study time and other activities.
- Use bins labeled "To Do" and "Completed" for homework and large projects.
- Use a timer or set an alarm to indicate when a task will start and end.
- Add in frequent scheduled breaks.
- Set daily and weekly goals, and track progress.
- Provide an incentive for reaching goals.



**Scan the QR code to get started.**

Or visit <http://connect.rethinkcare.com/sponsor/spacex>