



# Family Support is Just a Few Clicks Away

We know many parents and caregivers are feeling uncertain about continued remote learning, all while balancing the needs of either working from home or on the frontlines in communities. To support City of Seattle families, regular employees are now eligible for Rethink. **This benefit is provided at no cost.**

Rethink provides family support – for parents, caregivers and students – in areas such as school (including virtual school), fostering independence, establishing schedules and routines, managing screen time, sibling interaction, self-help, behavior, and much more. Rethink also provides specialized support to those caring for children with learning differences or behavioral challenges. **Anyone who needs parenting support to navigate the challenges brought on by COVID-19 can benefit from the program.** The program has no age restriction and is completely confidential.

To make the most of your time and Rethink's resources, we encourage you to start by enrolling and scheduling a free consultation – available 24/7 – with a learning and behavior expert. No preparation is required, and Rethink is ready to provide recommendations and troubleshooting tailored to your family's needs. **Through consultations, you'll learn to:**

- Create routines and schedules
- Build your child's independence
- Decrease problem behaviors and improve the home environment
- Collaborate more effectively with school and other caregivers

Get started today at <http://familysupport.rethinkbenefits.com> with code **cityofseattle**.

## Additionally, Rethink's participant portal features include:

Send a message →

### Communicate with Your Behavior Expert

Schedule virtual appointments, access notes from your dedicated behavior expert and send messages to communicate updates and ask questions.



### Search by Age and Ability

Searchable lessons are categorized by topic and our Social and Emotional Lessons allow you to search by age or ability of your child. We offer tools to support parents of young children to young adults.



### Save Your Favorites

Our online library includes thousands of step-by-step videos and downloadable, printable tools and research-based resources based on the most requested social, learning and behavioral topics.

## Tips for Easing the Transition to Virtual Learning

- Create a dedicated, distraction free workspace for your child
- Maintain your day-to-day routines when possible and be prepared to create new routines
- Schedule free time/independent play when you're busier with work tasks
- Use reinforcement systems for working independently
- Celebrate the small wins and maintain your own self-care



### Tune in to Rethink's podcast, Behaviorally Speaking, and join behavior experts Angela Nelson and Kristin Bandi as they provide practical strategies.

Listeners gain insight into the types of guidance available through Rethink's online resources and consultation, through topics such as:

- [Parent-Teacher Collaboration During a Pandemic and Beyond](#)
- [Screen Time, Video Games and Social Media](#)
- [Staying Consistent as a Parent](#)



### Upcoming episodes will cover:

- School Troubleshooting
- Let's Get Organized
- Let's Pay Attention

## Meet Jack to learn about the unique ways Rethink can support you and your child.

**Who:** Anita and Sam are looking for ways to overcome new challenges as their 7-year-old son Jack learns virtually at home while Sam works in the community and Anita works from home. Because their daily routine has been disrupted, Jack regularly oversleeps and isn't dressed and ready when his virtual class starts. He's also interrupting Anita's work calls. Sam is working outside the home during Jack's school hours, and Anita is struggling to balance her own work duties while supporting Jack's virtual learning.



**How Rethink can provide support:** Anita and Sam can take advantage of Rethink's free consultation services to speak with a behavior expert about how to improve the situation at home. They can learn how to establish a daily routine with clear expectations for Jack using a printable schedule. Jack relies on Anita to help him log into his online classes (solution: Anita can write out the username and password and first show Jack how to type it in, then have him type it while watching to give feedback until Anita can fade herself out). To minimize interruptions, Anita can put a sign on her office door indicating she's in a meeting and use positive reinforcement when Jack doesn't interrupt (example: Anita's behavior expert can walk her through setting up a daily system such as when Jack sticks to his schedule without interrupting, he earns access to extra game time on his tablet. Fewer interruptions or redirections back to his schedule equates to more tablet time). To support this approach, Anita can print out motivation boards from Rethink's site. Through these changes, they can adapt their day-to-day routine to the family's current needs.

**Ready to get started?** It only takes two minutes to enroll at <http://familysupport.rethinkbenefits.com> with code **cityofseattle**.

