

Introducing RethinkCare's New Executive Function Collection

RethinkCare is excited to launch brand new content focused on boosting children's executive functioning skills! Our clinical team created this collection now available on the platform to help parents address challenges with their children's impulse control, problem solving, attention, and more.

What Is Executive Function?

Executive function is an umbrella term for a set of skills we use every day to learn, work, and manage our daily lives. These skills help us stay organized, remember things, and manage and prioritize our time. They also help us pay attention, focus on tasks, solve problems, and be flexible. Finally, these skills support our overall self-management, allowing us to be mindful of our behaviors and impulses.

What Is Included in the Executive Function Collection?

The collection includes 7 new courses and over 125 sessions, articles, exercises and tips. Courses include:

- **Introduction to Executive Functioning:** Help your child by understanding the basics of executive functioning skills and how to spot challenges.
- **Organization:** Help your child improve their organizational skills and ability to follow routines.
- **Time Management and Prioritization:** Help your child improve their time management and prioritization skills.
- **Attention and Focus:** Help your child improve their attention and focus during tasks.
- **Emotional Regulation and Flexibility:** Help your child improve their self-regulation and behavioral flexibility.
- **Impulses and Risk-Taking:** Help your child manage their impulses and think before they act.
- **Motivation:** Help your child by understanding how motivation and positive reinforcement impact learning and behavior.

How to Access the New Collection

If you are not yet enrolled in your benefit, please do so first by going to connect.rethinkcare.com.

Once enrolled, you can access the collection through the Family Wellbeing library on RethinkCare's desktop and mobile app. Login to your [account here](#).



Questions? Reach out to
support@rethinkcare.com.

