



What is parent-focused care?

Partnering with parents to care for kids



Your child needs therapy. So why is someone telling you — as their parent — that the best way for your child to improve is for YOU to be in the care sessions?

Sounds confusing, right? It's actually for good reason (and it's based on more than fifty years of evidence).

Parent-focused care centers on improving child behaviors, parenting approaches, and environmental adjustments.

It is a studied, valid, and highly successful intervention that:

- improves communication, behavior, and relationships
- decreases impulsive, inattentive, aggressive, and oppositional behaviors in kids with ADHD and other disruptive disorders
- helps kids who experience other concerns (e.g., anxiety) but who refuse to go to therapy or who are too young to take what they learn in session and apply it to their everyday life
- teaches parents skills that help them support their child in calm, consistent ways

Your child's behavior is not your "fault." The truth is, we think you're the most powerful person in your child's life. **Parent-focused care is a way for you to become a next-level parent, one with new insights and superpowers.**

The result? A real, day-to-day impact on your child — with the power of a professional right by your side.

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