

# 2020 CONTENT CALENDAR

Rethink Benefits is developing targeted materials and content based on quarterly topics that often lead our work with program participants. This monthly schedule will serve as an outline for the podcasts, learning sessions and topics we cover.

## Q1 Topic: Behavior

- **JANUARY** - Staying Consistent as a Parent
- **FEBRUARY** - The Basics of Behavior: The Why and What to Do About It
- **MARCH** - Positive Reinforcement is Your Friend

## Q2 Topic: Social/Emotional

- **APRIL** - The Ins and Outs of Anxiety
- **MAY** - Social Emotional Learning and How To Teach It At Home (Learning Session May 5-7)
- **JUNE** - Making and Maintaining Friends

## Q3 Topic: Back to School

- **JULY** - The Ins and Outs of Bullying
- **AUGUST** - Collaborating With Your Child's School
- **SEPTEMBER** - Screen Time, Video Games, and Social Media

## Q4 Topic: Executive Functioning

- **OCTOBER** - All About Executive Functioning (Learning Session Oct. 6-8)
- **NOVEMBER** - Homework, Oh Homework
- **DECEMBER** - Let's Get Organized!



### Have Questions About Our Topics and Materials?

Reach out to your account services representative with questions about content, campaign timing or any promotional needs. We're here to help.

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BENEFITS

**Please Note:** Topics and dates are subject to change. We will try to provide advance notice of any changes, as needed.