Supplemental Figure 2

Rationale and Descriptions of the R2R-TBI Modules

1. WHAT TO EXPECT? Although outcomes of children with TBI vary, parents benefit from ongoing information (Savage et al., 2005) and providing accurate information on what to expect may reduce parental distress (Prigatano & Gray, 2007). In this module, caregivers are provided information about TBI and common sequelae of injury. Caregivers may select to learn more about symptoms that their child is experiencing.
2. PROBLEM SOLVING YOUR CHILD'S RECOVERY Problem-solving therapy approaches show promise in improving outcomes of children/families impacted by chronic health conditions (Law et al., 2014). As parent/guardians adjust to their *new normal*, this module teaches skills and a problem-solving framework to navigate challenges that has been successfully used by caregivers of children with TBI (e.g., Wade et al., 2014).
3. POSITIVE PARENTING In this module, parent/guardians learn positive parenting skills such as how to set their child up for success, strategies to strengthen the parent-child relationship, boundary setting, and strategies to manage externalizing behaviors that may emerge following TBI. Parent/guardians select information that is specific to their child's age (i.e., 0 – 4 years, 5 - 11 years, and 12 - 18 years).
4. TAKING CARE OF YOURSELF Parent/guardians experience a lot of stress in the acute phase post injury, and for many caregivers this heightened stress persists for many years. In this module, parent/guardians are taught strategies to manage stress such as progressive muscle relaxation, relaxed breathing, and imagery. Parent/guardians are able to practice these skills with the support of the R2R-TBI program.
5. WORKING WITH YOUR CHILD'S SCHOOL There is a direct relationship between parent/guardian perspectives of the quality of communication they have with their child' school during re-entry and child outcomes (Andersson et al., 2016). In this module, parent/guardians learn how they can support their child's re-entry and how they can work collaboratively with their child's school to ensure that their child's needs are met. Information about different levels of services and supports (e.g., IEP, 504-Plan, etc.) is provided.
6. GUILT, GRIEF, AND CAREGIVING Parent/guardians of children with TBI often experience feelings of guilt for not being able to protect their child, and many experience grief over the changes they see in their child (e.g., Aitken et al., 2004; Kirk et al., 2015). In this module, parents learn that they are not alone in their feelings of guilt and grief and hear about experiences of other caregivers. Parents also learn strategies to manage feelings of guilt and grief, and are presented with information on respite care and other services/supports that are available.
7. MARITAL COMMUNICATION In this module, parent/guardians learn about common relationship stressors following pediatric TBI (e.g., differing parental expectations, poor communication, financial concerns, etc.; Kirk et al., 2015). Parents also learn tips for improving communication with their spouse/partner and are able to practice effective talking/listening skills.
8. SLEEP ISSUES Many children with TBI experience sleep difficulties (Sumpter et al., 2013) and this module teaches parent/guardians about possible reasons for their child's sleep issues. Strategies that parents can use to support their child's healthy sleep are offered. This module also offers parent/guardians techniques and strategies to improve their own sleep.
9. PARENTS AND SIBLINGS Siblings of children with TBI are at risk of poorer psychological functioning and reduced quality of life (Sambuco et al., 2008). In this module, parent/guardians learn about typical sibling reactions to TBI and strategies they can use to support the well-being of their injured and non-injured children. In addition, parent/guardians learn about distinctions between normal sibling reactions and warning signs of more serious problems, as well as resources on services that may support sibling functioning.
10. AFTER HIGH SCHOOL This module is for parent/guardians of children with challenges following brain injury who are transitioning out of high school. It provides parent/guardians with information on their child's legal rights pertaining to education and job training after high school. Parent/guardians are also provided with information and links to organizations that may be able to support their child's transition, including the State Vocational Rehabilitation Agency.