A RESOURCE FOR PARENTS & CAREGIVERS

Here's What We Can Do™

THE BOWERS KNOWLEDGE SYSTEM

Real-life questions deserve useful answers.

When you're facing big emotions, school challenges, sensory needs, or difficult routines, it can be hard to know where to turn.

Here's What We Can Do™ puts reliable educational videos, searchable answers, and practical tools in one place. Start with today's question and learn at your own pace.

CREATED BY

Dr. Mark Bowers

Licensed psychologist and founder of Brighton Center for Neurodevelopment.

For more than two decades, Dr. Bowers has helped families and professionals better understand neurodevelopment, behavior, and mental health.

A DIFFERENT WAY TO LEARN

No set lessons. No falling behind. Explore the topics that matter to you, whenever you need them.

WHAT YOU CAN FIND INSIDE

SEARCH YOUR QUESTIONS

Look up topics in your own words

EDUCATIONAL VIDEOS

Clear explanations you can revisit

GUIDES, TOOLS & WORKSHEETS

Ideas to explore for daily challenges

IN-DEPTH LEARNING

Take a closer look at key topics

LIVE EDUCATIONAL Q&A

Submit general questions

TOPICS YOU CAN EXPLORE

- Autism & ADHD
- Emotional regulation
- Executive functioning
- Sensory processing
- School & learning
- Behavior & mental health
- Transitions & routines
- Everyday challenges

START WITH YOUR QUESTION

Explore the membership

Scan to learn more

drmarkbowers.org/here-s-what-we-can-do

GOOD TO KNOW

Here's What We Can Do™ is a paid educational membership, not a substitute for individualized evaluation, therapy, medical care, or other professional services.