

Send me the families who've “tried everything.”

For the behavior visit that needs more than 15 minutes: evidence-based parenting tools, from someone who used to take your MCPAP calls.

Alexis Davis, LICSW · Your Family Tools · Medford, MA

I'm Alexis Davis, LICSW. For over 15 years I guided pediatricians in the care of children and adolescents with emotional and behavioral issues through the Massachusetts Child Psychiatry Access Project at Tufts Medical Center. That's where I was introduced to Incredible Years, Triple P, and Positive Discipline, the curricula I built my practice on.

When to refer

- Tantrums that nothing seems to stop
- Hitting, biting, or aggression at home or daycare
- Bedtime that takes hours
- A child who only listens after a parent yells
- Parents who say they've “tried everything”

Young children through adolescence, once you've ruled out medical causes.

What families get

A free 15-minute call, then four sessions that give parents a plan built for their child. In person in Medford and Greater Boston, by video anywhere in Massachusetts.

What it isn't

Parenting consultation: not therapy, not a diagnosis, not crisis care. When I see a red flag (sleep-disordered breathing, a hearing or developmental concern, a safety issue), I send the family back to you.

How to refer

Hand the parent my number or the QR code. They call me directly: no referral form, no wait list. I'll tell them how I can help.

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Scan to book the free 15-minute call.

The evidence

Incredible Years parent training reduced disruptive behavior across 50 studies, with the largest gains in the most severe cases. [Menting, Orobio de Castro and Matthys, Clinical Psychology Review, 2013](#)

Triple P improved child behavior across 101 studies and more than 16,000 families, with gains that held at follow-up. [Sanders, Kirby, Tellegen and Day, Clinical Psychology Review, 2014](#)

“Alexis and I have worked together for several years to teach the residents skills in guiding parents to more effective behavior management. [...] I feel fully confident in referring parents to her for guidance.”

SM, colleague