



## The Happy Core™ - A 2-Minute Overview for Families

**If you're here, something feels hard—and you're not alone.**

Most families find us when things feel confusing or heavy:

- big emotions that show up fast
- daily routines that turn into battles
- a child who *can* do things—but can't access those skills when it matters

This isn't about bad behavior or bad parenting.

It's about **a nervous system under pressure and skills that haven't been taught yet.**

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### What The Happy Core™ actually is

The Happy Core is a **skills-based approach** that helps kids:

- calm their bodies when emotions spike
- start tasks and stick with them
- understand what's happening inside their brain
- communicate needs before things blow up

And it helps parents by offering:

- clear explanations (not blame)
- practical tools that work in real life
- shared language you can use at home and with school

It's used by families, schools, and clinicians—but always starts with the child.

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### You don't have to do everything

This is important.

You don't need to:

- understand every tool
- commit to a full program
- “fix” everything at once

Everything here is **modular**.

Families start where it feels doable—and build from there.

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### **Where families usually start**

Here's a simple way to orient yourself:

#### **If your child feels overwhelmed or shut down**

Many families start with **stories** that help kids feel seen and less alone.

Stories lower shame and make tools easier to accept.

→ *The Secret Society of G.O.A.T.™ (books & stories)*

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#### **If daily routines are the hardest part**

Some families need help with *today*: homework, mornings, transitions, follow-through.

That's where practical regulation and executive-function tools come in.

→ *Happy Core Program*

→ *Homework Hero Workshop*

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#### **If school feels tense or confusing**

When communication breaks down, support gets harder.

Some families start by translating behavior into needs—so everyone responds better.

→ *More Than Behavior™ Letters*

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## If your child needs words for their experience

Older kids often know they're different—but don't know how to explain it. Self-advocacy tools help them understand their brain and speak up with confidence.

→ *Workshops & Trainings (Decode & Do™, Advocacy Lab)*

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## A note about age and fit

Age ranges are guidelines—not rules.

What matters most is **which skills your child needs right now.**

If you're unsure, that's normal. You can:

- start small
- explore gently
- change direction later

Nothing here locks you in.

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## You're allowed to take this one step at a time

Many families tell us the biggest relief isn't a specific tool—it's finally feeling **understood and guided instead of judged.**

That's what this space is for.

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## Ready to explore at your own pace?

- 👉 Browse the tools
- 👉 Go back to "Help me find where to start"
- 👉 Or just sit with this for a moment

You're doing more than you think.