



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.**

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.

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.

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)*

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*

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*

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)*

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.

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.

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.