Support at Home with the myHappymind Parent App –

Mini Masterclasses Now Available!

We're excited to let you know that a series of Mini Masterclasses are now available on the free **myHappymind Parent App**, designed to support you with some of the common challenges children face when it comes to their wellbeing and emotions.

Each short video focuses on a specific topic and gives simple, practical strategies you can try at home.
Here's a breakdown of what's included:

Separation Anxiety
Understand what separation anxiety looks like and why it happens. This video offers tips to make goodbyes more manageable and build your child's confidence when they are apart from you.

Emotionally Based School Avoidance (EBSA)
This session explains why some children may feel anxious about going to school and how to gently support them back into routines with reassurance and structure.

Building Self-Esteem
Learn how to recognise and nurture your child's strengths, boost their confidence, and help them develop a more positive sense of self.

Managing Big Emotions
This powerful video looks at what happens in the brain during moments of stress or meltdowns, introducing the Team H-A-P character your child knows from school. You'll learn how the brain's Fight, Flight, or Freeze response works, and how to help your child calm down and self-regulate using techniques that match what they've already been taught in class.

Neurodiversity

A gentle, informative explanation of what neurodiversity means, celebrating differences in how children think, learn, and process the world, and how to best support them at home.

These videos are a great way to stay connected to what your child is learning through the myHappymind programme at school, helping you use the same language and approaches at home.

Coming soon!

Sleep

A masterclass for parents on why sleep matters and how simple bedtime habits support children's health, learning and emotional wellbeing.

To access the videos, download the Parent App here:

Your unique school code: