

# Daniel's Diaries™

PILOT COHORT  
FREE FOR PARTICIPANTS

FOUR WEEK PILOT · EXPRESSION OF INTEREST

A SMALL PILOT · FOR FAMILIES READY FOR SOMETHING DIFFERENT

## Four weeks.

### Your child's brain, translated.

A neuroscience-grounded psychoeducation platform for children — built from the same clinical framework I use with families on my caseload, designed for kids to engage with from anywhere. **Free for pilot families**, in exchange for a brief pre and post review. *Small cohort, real support, honest expectations.*



#### CREATED BY

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#### PILOT COHORT OPENS

Late April 2026  
Limited spaces · expression-of-interest  
4 week duration · full Gold access

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BEFORE WE GET TO THE PRACTICAL DETAIL

## Why I'm **running this pilot.**

If you've found your way to this brochure, you've probably been doing the work of **translating your child to themselves and to the world** for a long time. You've tried the strategies, read the books, sat through the appointments. Some have helped. Some haven't. Most have asked you to do most of the work.

I see this constantly in my clinical work. Parents arrive exhausted not because they don't understand their child, but because *their child doesn't yet have a way to understand themselves*. And without that, every intervention you're running is an uphill effort — you're carrying both your part and theirs.

*Daniel's Diaries is built on a simple idea: **kids who understand their own brain stop fighting it as hard**. The vocabulary changes. The relationship to their own emotions changes. The ground beneath the family shifts.*

The platform is the same neuroscience framework I use clinically — translated into something children can engage with at home, on their own pace, with the metaphors doing the heavy lifting. **It's not a replacement for clinical care.** If your child has a treating team, this complements them. If you don't yet have one, this can be a meaningful first step into psychoeducation as a family.

This pilot is genuinely small — I'm taking expressions of interest because I want to **work closely with each family**, tailor what your child engages with, and learn what's actually moving the needle versus what looks good on paper. *That feedback shapes the next version of this work.*

## THE FOUR WEEKS · WHAT YOU GET

## What's in the pilot.

Pilot families receive **full Gold tier access** to the Daniel's Diaries platform for the four-week duration, plus practitioner-led onboarding and weekly support. The structure is designed to be doable — for families with a child who's struggling, with school refusal, with anxiety, or just navigating a tricky season.

### 1 30-minute onboarding session with a DD-trained facilitator

Conducted via video at a time that suits your family. We walk through the platform together, complete the intake questionnaire, and tailor the first set of modules to your child specifically — what they're working with, what they respond to, what to start with first.

### 2 Access to 5 of 7 Super Skills within the platform

Your child works through the modules at their own pace. The Super Skills covered in the pilot are matched to your intake responses — typically Brain Builder (foundational neuroscience), Emotion Navigator, Resilience Architect, Behaviour Engineer, and Thought Driver, with substitutions available where appropriate.

### 3 New modules released weekly

The four-week structure paces engagement so it doesn't become another thing to keep on top of. Each week unlocks new content, with the previous weeks remaining available. Your child can revisit, pause, or skip — there's no failure state.

### 4 Modules tailored to your intake — and changeable if they're not landing

If something isn't fitting, you can swap modules at any point during the pilot. Your child's experience matters more than our predicted sequence. *What works for one anxious nine-year-old won't work for the next one* — and we're built to adapt.

### 5 Ongoing email support throughout the pilot

You can reach the facilitator directly with questions, concerns, or "this happened, what would you suggest?" moments. Replies typically within two working days.

**No scripted responses.**

### 6 Optional 30-minute support session each week

Free of charge for the duration of the pilot. Phone, video, or in-person depending on your location. Bookable around your schedule. Use them all, use one, use none — whichever serves your family.

## THE FOUR WEEKS · HOW THEY UNFOLD

## A sketch of the four weeks.

Every family's four weeks looks slightly different — that's the point. **This is the typical shape** for a child working with anxiety, school avoidance, or emotional regulation challenges. Yours will be tailored at intake.

## WEEK ONE

### The brain as a town

The foundational module — your child learns to think of their brain as **a town they're the planner of**. Thoughts as roads. Emotions as weather. Repetition builds main streets.

For anxious children, this week often lands as the first time they've had a framework that doesn't make their anxiety feel like a malfunction. *It's a normal part of how the town works.*

## WEEK TWO

### Big feelings, small steps

The Emotion Navigator week. Your child works with **Kip the Koala** on naming, mapping, and noticing emotions — not regulating them away, but *understanding what they're trying to say*.

This is often the week parents notice the first vocabulary shift at home. "I'm too loud right now" instead of meltdown. "Bumpy" instead of "fine."

## WEEK THREE

### When things go wrong

The Resilience Architect week. **Eddie the Echidna** walks your child through how brains recover from setbacks, why some roads need repair, and how to sit with hard moments without making them worse.

For families navigating school refusal specifically, this week tends to be the most clinically loaded — and the most useful when paired with the support call.

## WEEK FOUR

### Putting it together

The integration week. Your child consolidates what they've built across the first three weeks, reviews their **tool shed** (saved strategies that worked), and picks the road they want to keep using going forward.

The post-review happens at the end of this week — what's landed, what hasn't, what we'd do differently. *That's the data that shapes what comes next.*

## AN HONEST NOTE · WHAT FOUR WEEKS WON'T DO

Four weeks won't resolve school refusal, anxiety, or any sustained pattern of distress. **The platform isn't built to.** What it can do is give your child a vocabulary and a framework that supports the longer work — clinical, family, school-based — that's already happening or needs to.

*Think of this as scaffolding, not surgery.*

## THE 30 MINUTE ONBOARDING · WHAT TO EXPECT

## What the intake actually looks like.

Before any modules unlock, you'll have a **30-minute video session** with a DD-trained facilitator. The intake is what makes the rest of the pilot land. We use this time to understand what you're navigating, what you've already tried, and what your child responds to — so the modules they meet first are the right ones.

### Some of the questions we'll work through together:

*"What's the most common sentence your child says when something hard is happening?"*

*"When your child is dysregulated, what's already worked at least once — even just once?"*

*"What's the language your child uses for big feelings? Their words, not yours."*

*"What does a calm Tuesday look like, when it happens?"*

*"What kind of help has felt like the right kind, even briefly?"*

*"What would you most like to be different in 4 weeks — for your child, and for you?"*

These aren't diagnostic questions. They're **orientation questions** — they help us understand the texture of your family's week, so we know which modules to put in front of your child first and which language will land. *Most parents say this conversation is itself useful, even before the platform starts.*

#### IF YOUR CHILD IS IN ACTIVE CRISIS

If things are particularly hard right now — your child isn't getting to school, sleep is fractured, the household is in survival mode — **tell us at intake**. We'll calibrate the pilot accordingly. Sometimes that means starting with just one module per week and using the support sessions to help *you* first, while your child has the space they need.

THE SUPER SKILLS · WHAT'S AVAILABLE IN PILOT

# What your child **actually works on.**

The platform is built around **seven Super Skills** — the clinical foundations of how a child understands their own brain, behaviour, and emotional life. Pilot families get access to **five of the seven**, selected based on intake. Below is the full set, with the most commonly chosen for anxiety and school-related challenges noted.

<p><b>BB</b></p> <p><b>Brain Builder</b> with Lenny the Border Collie</p> <p>How my brain works. Foundational neuroscience for kids — always week one.</p>	<p><b>EN</b></p> <p><b>Emotion Navigator</b> with Kip the Koala</p> <p>Big feelings, small steps. Naming, mapping, noticing emotions without trying to fix them.</p>	<p><b>RA</b></p> <p><b>Resilience Architect</b> with Eddie the Echidna</p> <p>When things go wrong. Most relevant for school refusal &amp; anxiety patterns.</p>
<p><b>BE</b></p> <p><b>Behaviour Engineer</b> with Pepper the Possum</p> <p>Why I do what I do. The link between feeling, choice, and what gets reinforced.</p>	<p><b>TD</b></p> <p><b>Thought Driver</b> with Coco the Cockatoo</p> <p>What my thoughts are doing. Cognitive flexibility and noticing thought patterns.</p>	<p><b>SM</b></p> <p><b>Social Mapper</b> with Kai the Kookaburra</p> <p>Friends and families. Available pilot-extension for socially focused children.</p>
<p><b>FD</b></p> <p><b>Future Designer</b> with Billie the Bilby</p> <p>The me I'm becoming. Identity and agency work, typically older-child focused.</p>	<p><b>For families navigating school refusal &amp; anxiety</b></p> <p>The most common combination for pilot families in this cohort is <b>Brain Builder</b> → <b>Emotion Navigator</b> → <b>Resilience Architect</b> → <b>Behaviour Engineer</b> → <b>Thought Driver</b>. This sequence builds vocabulary and self-knowledge before introducing strategy — and tends to land most strongly for anxious or school-avoidant children. <i>Yours may differ depending on intake.</i></p>	

A CLEAR EXCHANGE · NO FINE PRINT

## What we ask, and what we promise.

Pilot programs sometimes hide their asks in the fine print. We don't. **Here's exactly what we commit to, and exactly what we ask in return** — the full deal, on one page.

### WHAT WE COMMIT TO

#### From us, to you

- ✓ **30-minute facilitator-led intake** · video, scheduled around your family
- ✓ **Full Gold tier platform access** · 5 of 7 Super Skills · 4 weeks duration
- ✓ **Tailored module sequence** · matched to your child at intake, swappable mid-pilot
- ✓ **Email support throughout** · replies within 2 working days
- ✓ **Optional weekly 30-min support session** · phone, video, or in-person · free
- ✓ **Pre and post review templates** · we'll send these · they take ~10 min each
- ✓ **Honest answers** · if something isn't working, we'll tell you · if we don't know, we'll say

### WHAT WE ASK

#### From you, to us

- **Show up to the intake session** · 30 min · we'll work around your schedule
- **Try the modules with your child** · honestly · whatever pace works
- **Complete the pre-review** · ~10 minutes · before week one starts
- **Complete the post-review** · ~15 minutes · at the end of week four
- **Tell us when something's not working** · we genuinely want to hear it · this is the core of pilot feedback

NO CATCH · NO UPSELL · NO HIDDEN COST

## The pilot is genuinely free. In exchange for honest feedback.

If you complete the pilot, you're under **no obligation** to continue with a paid subscription. Some pilot families will choose to. Most won't, or will continue informally with the resources they've built. *That's all fine.*

What we genuinely need from you is the pre and post review — completed honestly. **Tell us what landed, what didn't, what was a waste of your child's time.** That's the data we're after. The platform improves because pilot families tell us where it falls short.

## IF THIS FITS YOUR FAMILY

## The next step is genuinely small.



If you've read this far and the pilot fits the kind of work you're trying to do with your child, the next step is just to **share your email address**. We'll be in touch within a few days with a short follow-up — no pressure, no signup wall, no automated funnel.

The cohort is intentionally small so I can work closely with each family. *That means I can't take everyone* — but if the pilot doesn't open up to you this round, we'll let you know and offer a place in the next cohort or alternative resources that might serve you better right now.

1

### Share your email

Reply to the post or message me directly. One line is plenty — first name and email is all I need.

2

### I'll be in touch

Within a few days. A short note with a few practical questions about your child and your week. No long form.

3

### Book the intake

If we go ahead, we'll book the 30-min session at a time that works for you. Pilot starts the week after.

#### A GENUINE NOTE

I read every reply personally — this isn't an automated funnel. If you're interested, I'd love to hear from you. If you have questions before sharing your email, ask them. **The pilot exists to help families, not to convert leads.**

#### FROM THE PRACTICE

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