

Meet the Brain Friends

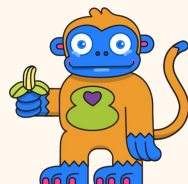
A simple way to understand what's going on inside your child's brain and body.

The Brain Friends is a science-backed, child friendly way to understand the brain. Each character stands for a part of the brain, giving children and adults a **shared language** that helps behaviour make sense. Children's brains are still growing, and their body, feelings and thinking don't all grow at the same speed. Feelings can be big and quick. Thinking and problem solving come later, especially when a child is upset.



Lenny Lizard THE BODY

Looks after hunger, tiredness, needing to move and feeling safe. When Lenny feels under threat, it's fight, flight or freeze.



Mylo Monkey FEELINGS

Looks after big feelings, memories and the alarm system. Mylo sounds the alarm fast, sometimes before we know why.



Orla Owl THINKING

Helps us think clearly, solve problems and make good choices. When things feel too much, Orla flies away.



Brilliant Brain GROWTH

Reminds us that brains grow with practice. Every time we try, wobble and try again, we get a little stronger.

Downstairs first, thinking last

Lenny and Mylo live in the **downstairs brain**, which looks after our body, safety and feelings. Orla lives **upstairs**, in the thinking brain, which takes the longest to grow. When the downstairs brain is upset, the upstairs brain can't do its job. So we always work from the bottom up.

1. Settle Lenny

Food, water, rest, movement and feeling safe.

2. Tend Mylo

Name the feeling and stay close. Connection before correction.

3. Then Orla can think

Now is the time to talk, reflect and plan.

TRY A DIFFERENT QUESTION

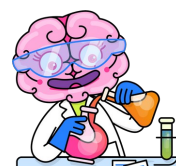
Instead of "Why are they doing this?" ask "Which Brain Friend is in charge right now?"

Is the body overwhelmed? Is this a big feeling that needs support? Is thinking switched off for now? Is their battery just low?

WHAT IT HELPS YOU DO

See stress instead of "naughty" behaviour. See feelings instead of overreaction. Choose the right moment to talk. Respond to what your child needs, not just what you see.

Your calm helps their calm. You don't need to be perfect. You just need to be steady enough.





The Science Behind It

Real neuroscience, made simple enough for a six year old.

The real brain behind each friend

Lenny THE BRAINSTEM

Heart rate, breathing, hunger, sleep and the body's stress response.

Mylo THE LIMBIC SYSTEM

Feelings, memories and the brain's smoke alarm.

Orla THE PREFRONTAL CORTEX

Planning, problem solving, pausing and choices.

Brilliant Brain NEUROPLASTICITY

The brain changes with practice, so skills get easier.

INTEROCEPTION: NOTICING WHAT'S GOING ON INSIDE

Interoception is the sense that tells us what's happening inside our body. Hunger, thirst, a racing heart, a tight tummy, needing the toilet. Many children, especially neurodivergent children, find these signals hard to notice or make sense of. But you can't calm a feeling you haven't noticed. Lenny gives children a simple way to tune in to their body first, which is the starting point for every other regulation skill.

The awareness skills we build

Notice

Spot the signals in the body early.

Name

Put words to the feeling. Name it to tame it.

Regulate

Find their own quickest way back to calm.

Reflect

Once Orla is back, ask what to try next time.

Coaching strategies we use

- **Body-to-Brain Breaks.** Quick movement and breathing to settle Lenny.
- **Changing the picture.** Making a worry smaller or a good memory brighter to change how it feels.
- **Connection before correction.** Calm and understanding first, then problem solving.
- **ANTs and PETs.** Spot the unhelpful thought and feed a helpful one instead.
- **Your own toolkit.** Every child tries different tools and finds what works for their body.
- **Growth mindset.** Mistakes are how brains learn. "I can't do it yet."

In children's own words

"The Brain Friends help me understand what is happening in my body when I'm angry."

Eva, age 9

"My Mylo Monkey helps me to name my feelings and notice where they are in my body."

Nancy, age 5

"When my Lenny is dysregulated I can't think properly. I know I need water and to move my body!"

Akshaj, age 10

Downstairs first, thinking last. Settle the body, name the feeling, then think.

Support for Your Family

Helping children and teens understand their brain, their body and their big feelings.

When things feel hard

Maybe your child melts down after school.
Maybe your teen goes quiet, snaps, or shuts the door. Maybe you've tried everything you can think of and you're tired.

You're not doing it wrong.

When change is coming

Or maybe things are going ok, but you know change is coming. A new school, exams, a house move, a new baby, growing up.

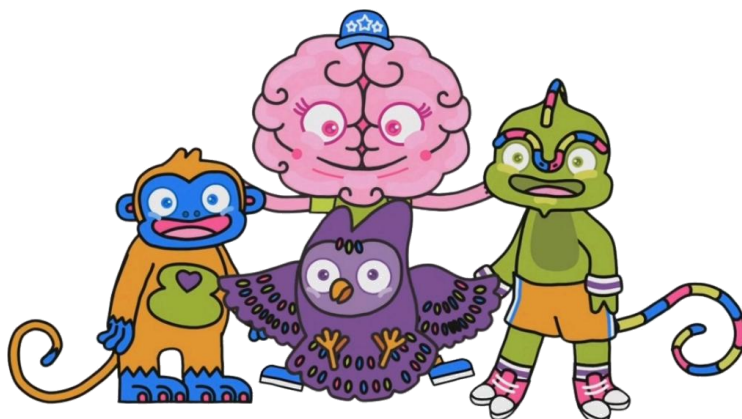
You want your child to have the tools before they need them.

Either way, you're in the right place. Big feelings are part of growing up. When children understand what's going on inside them, they feel **calmer, more confident and more ready** for whatever life throws at them. That's what this support is for. It's **1:1 support just for your family**, working with your child and with you.

How it works

- 1 We get to know each other**
No two children are the same, so no two plans are the same either. We find out what helps your child feel calm and ready, and build from there.
- 2 We talk their language**
The Brain Friends give us a simple, fun way to talk about it all. And for older ones, it's all about meeting them where they're at.
- 3 Zoom for your child, phone for you**
Your child joins from somewhere comfy and familiar at home. Parent catch ups are by phone, so you can talk freely without little ears listening in.

Meet The Brain Friends



Lenny Lizard looks after the body. Hunger, tiredness, feeling safe.

Mylo Monkey looks after feelings and the alarm system.

Orla Owl helps us think clearly. But she flies away when things feel too much.

Brilliant Brain reminds us we're always learning and growing.

Once the whole family speaks the same language, tricky moments get easier to talk about.



Packages for Children

Ages 6 to 11. Not about fixing your child, but understanding what's underneath.

GETTING STARTED

Meet The Brain Friends

£395 | 4 weeks

A gentle first step.

Your child meets Lenny, Mylo, Orla and Brilliant Brain and starts to notice what their body and feelings are telling them. You learn the same language, so tricky moments at home make more sense.

INCLUDES

- A short questionnaire before we start
- A parent onboarding phone call
- 3 x 30 minute Zoom sessions with your child
- Brain Friends digital resources to help embed the shared language in your home
- A written summary after each session
- A plan to carry on the good work

STEADY SUPPORT

Tend and Tame Your Brain Friends

£1,450 | 3 months

Support that stays steady over time.

We help your child notice when Lenny is struggling, calm Mylo down, and find their way back to Orla. We try things, see what works for your child, and build from there.

INCLUDES

- A getting to know you Zoom call
- 9 x 30 minute Zoom sessions with your child
- 6 x 15 minute phone catch ups with you
- Simple tools for home, like ANTs and PETs and Body-to-Brain Breaks
- Brain Friends family digital resources
- The Brain Friends Parent Workbook
- A written summary after each session
- A plan to carry on the good work

DEEPER CHANGE

Brilliant Brain Programme

£2,450 | 4 months

Build something that lasts.

Your child builds their own Brain Friends toolkit and learns that wobbles are normal. You get your own sessions too, because your child borrows your calm. You don't need to be perfect. Just steady enough.

INCLUDES

- A getting to know you Zoom call
- 12 x 30 minute Zoom sessions with your child
- 3 parent coaching calls to help you embed the change
- Message support between sessions
- Brain Friends digital resources
- The Brain Friends Parent Workbook
- A written summary after each session
- A plan to carry on the good work

QUICK HELP • ANY AGE

Parent SOS Session

£199 | one session

For when you need some help, and you need it now.

Sometimes there's one thing that's really getting to you. A worry, a pattern, a situation that keeps going round in circles. This session is just for you. We focus on that one issue, get clear on what's really going on, and work out your next steps together.

Includes: a short questionnaire, a 60 minute parent call, and a written plan so you know exactly how to get started.

Every package starts with getting to know each other, and ends with a plan to carry on the good work.





Packages for Teens

Same ideas, in their language

Teens don't always want to talk, and that's ok. We talk about stress, friendships, school pressure and feeling misunderstood. Real life stuff, in a way that makes sense to them.

Your teen's sessions happen on Zoom, from somewhere they feel comfortable. Your sessions with me are by phone, so you can talk freely without your teen overhearing.

RAPPORT IS KEY

Young people open up when they feel heard, not judged. So we build trust first, because nothing useful happens until they feel safe.

For 12 year olds, we'll decide together which approach works best for your child.

GETTING STARTED Know Your Brain

£495 | 4 weeks

For teens who feel stuck, stressed or overwhelmed.

Feelings get bigger, overwhelm comes faster, and fitting in matters more than ever. Your teen starts to understand why they react the way they do, and that there's nothing wrong with them.

INCLUDES

- A short questionnaire before we start
- A parent onboarding phone call
- 3 x 40 minute Zoom sessions with your teen
- Resources, tutorial videos and recordings
- A written summary after each session
- A plan to carry on the good work

STEADY SUPPORT Tend and Tame

£1,550 | 3 months

Steady support through a tricky stage.

Your teen learns what stress feels like in their body, what helps them calm down, and how to think clearly when things feel too much. We work with what's actually going on in their life.

INCLUDES

- A getting to know you Zoom call
- 9 x 40 minute Zoom sessions with your teen
- 6 x 15 minute phone catch ups with you
- Simple tools they can actually use, like ANTs and PETs and quick ways to reset
- Resources, tutorial videos and recordings
- The Parent Workbook for teens
- A written summary after each session
- A plan to carry on the good work

DEEPER CHANGE Brilliant Brain Programme

£2,550 | 4 months

Build something that lasts.

Your teen builds their own toolkit for stress, setbacks and big feelings. You get your own coaching too, because your calm still matters, even when it feels like they're pushing you away.

INCLUDES

- A getting to know you Zoom call
- 12 x 40 minute Zoom sessions with your teen
- 3 parent coaching calls to help you embed the change
- Message support between sessions
- Resources, tutorial videos and recordings
- The Parent Workbook for teens
- A written summary after each session
- A plan to carry on the good work

NOT SURE WHICH ONE?

That's what the free chat is for. Or start with a **Parent SOS Session** (£199), which works for any age and is a nice way in if you're not ready for a bigger package yet.



Questions Parents Ask

Do you diagnose?

No. I'm not a doctor and I don't diagnose. We look at what's going on underneath the behaviour and build tools that help. If I think other support would help too, I'll tell you.

Do you work with neurodivergent children?

Yes. I work with all children, neurodivergent or not, with or without a diagnosis. Every brain is different, so we find what works for yours. It sits happily alongside any support already in place at home or school.

What if my child won't talk?

That's ok. We go at their pace. Rapport comes first, and a lot of what we do is fun and hands on, not sitting and talking.

Is this therapy?

No, it's coaching. It's practical and looks forward. Your child learns simple skills they can use every day.

Do I need to be involved?

Yes, and that's the good bit. Your child borrows your calm. When you both speak the same language, the change lasts.

Why Zoom?

Children are often more relaxed at home, in their own space. It also means no travel and less rushing around.

Can this help with my child's school?

The Brain Friends is also used in schools, so we can talk about sharing the same language with your child's teachers.

How do I choose a package?

Book a free chat. We'll talk about what's going on and work out what fits.

More from The Brain Friends



THE BRAIN FRIENDS QUIZ

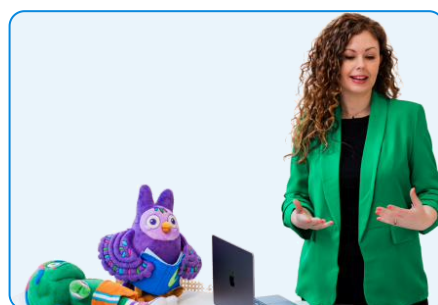
A free quick quiz to help you see which Brain Friend is leading at home. Find it on the website.

THE BOOK

The Brilliant Brain Friends. An inside out tale about your brilliant brain, to read together.

WORKBOOKS, VIDEOS, COURSES AND GAMES

Parent workbooks for the primary and teen years, plus videos, courses and Brain Friends games to use at home.



About me

I'm Emily Harbrecht, founder of The Brain Friends and Mind Tools For Kids. I'm an award winning coach and trainer, and I've trained over 100 coaches around the world. I created The Brain Friends because I believe everyone should be able to understand their brain, without the jargon. www.mindtoolsforkids.com

Let's talk

If this sounds like what your family needs, book a free, no pressure chat. We'll talk about what's going on and whether this is the right fit.

Contact emily@mindtoolsforkids.com

www.thebrainfriends.co.uk