

FAQ

Steps for a successful upload:

1. Download the App from your Appstore: The first step is for the parent to download the application on their device. <https://linktr.ee/flowminder>
2. Create Child Profile: Set up your child's profile within the app.
3. Download your child app on his Tablet: <https://linktr.ee/flowminder>
4. Input Schedule: Begin by inputting your child's schedule. This can take some time, but it's crucial. Adding detailed information helps foster independence and stability, especially for children facing neurodiverse challenges, depression, or anxiety.
5. Add Tasks: Include specific tasks under the scheduled activities. For instance, if there's homework for Math, list it as a task. Here, you can also note any equipment or items your child needs to prepare for an activity.
6. Set Rewards: Determine the rewards for tasks, recognizing that not all tasks need rewards.
7. Manage Rewards: Visit the rewards section and add rewards with your child. Choose items that are meaningful to them and ensure the reward points are attainable.
8. Install the App on Child's Tablet: Download the app from the App Store or Google Play on your child's tablet.
9. Link Devices: On your device, navigate to your child's profile and enter the unique reference code on your child's device.
10. Complete Setup: Your devices are now connected and ready to use.

How do I invite a teacher?

To invite a teacher to use the app, follow these steps:

1. Create Child Profile: Start by creating a profile for your child within the app.
2. Access Child Profile: Once the child profile is created, go to the profile.
3. Request Teacher Access: Under the child's profile, find the section labeled "Teacher" and click on "Request."
4. Enter Teacher's Email: Enter the teacher's email address in the provided field.
5. Complete Teacher Details: Fill in the necessary details about the teacher.
6. Send Invitation: An email request will be sent to the teacher, inviting them to join and set up their profile.
7. Request the teacher to log in and record your child's emotional triggers.

Following these steps will ensure that your child's teacher receives the necessary information to join the app and start using it to support your child's learning and development.

Mood Logging Guide for Children



1. **Schedule Reflection Times:** Establish specific times for your child to reflect on and log their mood. Consistency helps in accurately tracking mood changes.
2. **Encourage Immediate Logging:** If your child is feeling upset, encourage them to log their mood immediately. This can be an effective way for them to process and work through difficult emotions.
3. **Encourage Thoughtfulness:** Advise your child not to rush this process. Encourage them to take a moment to truly consider their feelings.
4. **Promote Non-Judgment:** Teach your child to recognize and record their mood without judging it as good or bad.
5. **Reflective Practice:** After logging their mood, if circumstances allow, your child can engage in a reflective activity like reading or meditating to further understand their emotions. watch the suggested content.

Mood Logging Guide for Teachers

1. **Schedule Reflection Times:** Coordinate your reflection times to align with the child's. This synchronization can help you perceive any differences in how the child appears and how they actually feel. For instance, a child might seem sad but could actually be tired or stressed. This insight will aid in understanding the child better.
2. **Encourage Immediate Logging:** If a child is feeling upset, log their mood right away. This practice helps in identifying emotional triggers quickly. Encourage the child to log their own feelings immediately as well.
3. **Reflective Practice:** After logging the child's mood, if the situation allows, make sure to jot down any important observations. This is particularly crucial for students with special educational needs (SEN) or new students, as it assists in record-keeping and tracking potential triggers.

Why can't I see my child's mood logs during the day?

Mood logs become available at 5 PM each day to prevent interference with the child's natural response process. It is important for the child to independently work through their feelings during the day. We recommend that parents set a daily reflection time after 5 PM. This provides an opportunity for both parent and child to discuss the day's events, explore the emotions experienced, and consider what might be improved in the future. This approach supports open communication and effective emotional processing.

Guidelines for Setting Up Effective Rewards for Your Child



1. **Define Clear Objectives:** Make sure the rewards are tied to specific behaviors or achievements that you want to encourage. Clearly defined objectives help your child understand exactly what is expected of them to earn a reward.
2. **Ensure Age-Appropriateness:** Choose rewards that are appropriate for your child's age and interests. What motivates a young child might be very different from what motivates a teenager.
3. **Keep Rewards Achievable:** Set goals that are challenging yet achievable. This balance helps maintain your child's motivation without causing frustration.
4. **Vary the Rewards:** Mix up the types of rewards to keep things interesting. Material rewards (like toys or books), privileges (like extra screen time or a later bedtime), and experiences (like a family outing) can all serve as effective incentives.
5. **Include Immediate and Delayed Rewards:** While immediate rewards provide instant gratification, delayed rewards can teach patience and help in achieving longer-term goals. Use a combination of both depending on the behavior you're trying to encourage.
6. **Be Consistent:** Apply the reward system consistently. Randomly changing the rules or the rewards can lead to confusion and reduce the effectiveness of the system.
7. **Encourage Intrinsic Motivation:** While rewards can be a great motivator, also focus on nurturing intrinsic motivation by praising effort, not just outcomes, and by making the tasks themselves enjoyable and engaging.

Why do we place such importance on setting up a schedule?

Setting up a schedule is crucial, especially for children who struggle with executive functioning due to stress, neurodiversity, depression, anxiety, or other mental health challenges. Executive functioning involves the ability to plan, organize, and execute tasks, which can be particularly challenging for these children.

Key Benefits of a Schedule:

1. **Enhances Predictability:** A consistent schedule provides a predictable structure that can significantly reduce anxiety and stress. Knowing what to expect next in their day helps children feel more secure and less overwhelmed.
2. **Supports Time Management:** Schedules help children understand time management, a core component of executive functioning. This skill is vital for planning how long tasks will take and how to transition between activities smoothly.
3. **Improves Focus:** With a clear schedule, children are less likely to be distracted. Knowing the sequence of activities helps maintain focus and attention, making it easier to start and complete tasks.
4. **Builds Independence:** Regular schedules help children develop autonomy in managing their daily tasks. Over time, they learn to initiate activities without constant reminders, fostering a sense of competence and self-reliance.



5. **Reduces Behavioral Issues:** Structure can minimize uncertainty and confusion, which often triggers behavioral issues. When children understand what is expected of them and when, they are more likely to engage positively.
6. **Provides Stability:** For children facing emotional or mental health challenges, a well-structured day can be a calming influence, offering stability in what might otherwise feel like a chaotic environment.

In essence, a well-planned schedule not only helps manage the day-to-day tasks but also provides a framework that supports mental health and overall well-being for children who find executive functioning challenging. This structured approach can bring a sense of calm and control to their world, significantly enhancing their ability to cope with daily demands.

Where do we collect our resources from?

Our resources are gathered through extensive research and collaboration with a diverse group of professionals. We partner with psychologists, psychiatrists, dieticians, teachers, and therapists to ensure that the information and strategies we offer are well-rounded and based on reliable expertise.

Key Points of Our Approach:

1. **Interdisciplinary Collaboration:** We believe in the power of diverse perspectives. By working with professionals across various fields of mental health, education, and wellness, we gain comprehensive insights that contribute to our resource pool.
2. **Evidence-Based Practices:** Our partnerships focus on gathering evidence-based information. This ensures that the strategies and advice we provide are not only practical but also scientifically validated.
3. **Wide Range of Views:** We aim to expand your understanding by presenting different viewpoints and options. This approach allows you to explore a variety of strategies and choose what best fits your needs and preferences.
4. **Continuous Updating:** Our resource collection is dynamic. We continuously update our materials based on the latest research findings and emerging best practices in the field.

Through these efforts, we strive to equip you with the knowledge and tools necessary to effectively address and support diverse needs, enhancing your ability to make informed decisions.

What if my school doesn't use the app?

If your school chooses not to use the app, there are still plenty of ways to utilize its features effectively. The teacher profile within the app is versatile and can be used by any caretaker



involved in a child's education and development, including nannies, tutors, and other caregivers.

Alternative Uses of the App:

Caretaker Access: Caretakers such as nannies or tutors can use the teacher profile to manage and monitor the child's activities and progress. This ensures that the child continues to benefit from the structured support the app provides, even outside of school settings.

Independent Use: The app can be used without activating the teacher profile at all. Parents and children can independently access its features, making it a flexible tool for personal use at home.

- **Flexible Learning and Support:** The app's resources and tools are designed to support learning and emotional development whether or not a school is directly involved. It offers a range of activities and educational content that can be tailored to the child's needs.
- **Integration into Daily Routines:** Incorporating the app into daily routines at home can compensate for the lack of formal educational institution support. This can include scheduled learning sessions, mood logging, and reward management.
- **Emotional awareness, teaching your child about emotions and how to overcome.**

By adapting the app for home use or with other caretakers, you can still ensure that your child receives the benefits of its educational and developmental features, fostering learning and growth in a structured and supportive way.

What devices are compatible with the app?

Our app is compatible with any device that has access to the Play Store or Apple Store, including most smartphones and tablets running on Android or iOS operating systems. Simply download the app from the respective store to start using it on your device.

Device Recommendations for Different Users:

- **Child's Profile:** Best used on a tablet device. The larger screen helps children interact with the app more easily and comfortably.
- **Parent's Profile:** Optimized for use on a smartphone. This makes it convenient for parents to manage and monitor their child's activities on the go.
- **Teacher's Profile:** Suggested platform is a laptop. This interface is designed to provide teachers with a comprehensive view and easy access to the app's features, supporting their educational and management needs effectively.



These interfaces were chosen to make the app as convenient and user-friendly as possible for all users.

Can I monitor multiple children with the app?

Yes you can have multiple children on the app. Go to main menu and add a child under the “Profiles” section.

Can multiple parents/caretakers share a profile?

Yes, multiple parents or caretakers can share a profile. To do this, you will need to share your login details with the other parent or caregiver. This allows both of you to access and manage the child's profile, ensuring consistent monitoring and support.

Steps to Share a Profile:

1. **Share Login Details:** Provide the other parent or caregiver with your login email and password.
2. **Access Profile:** The other parent or caregiver can then use these details to log in to the app on their device.

By sharing your login information, you can collaborate effectively in managing your child's activities and progress.

How do I add and manage profiles for multiple children?

Adding and managing profiles for multiple children is easy. Here's how you can do it:

1. **Access Child Profiles:** Go to the top right corner of the app and click on the child avatar.
2. **View Loaded Profiles:** Any other children's profiles that you have already added will show up.
3. **Select a Profile:** Click on the profile of the child you want to monitor.

By following these steps, you can effortlessly switch between profiles and manage the activities and progress of each child.

How do I update my child's schedule?

To make changes to your child's schedule, follow these steps:



1. **Navigate to the Schedule:** Open your child's schedule within the app.
2. **Click on the Edit Icon:** Find the activity you want to edit and click on the edit icon.
3. **Update the Activity:** This will open up the activity details, allowing you to make the necessary changes.
4. **Save Changes:** After making the updates, save the changes to ensure the schedule is updated.

By following these steps, you can easily update and manage your child's schedule to keep it current and accurate.

How do I send a message to the teacher?

To send a message to the teacher, follow these steps:

1. **Go to Main Menu:** Open the app and navigate to the main menu.
2. **Click on Messaging:** Select the "Messaging" option from the menu.
3. **Click on the Plus Sign:** Tap the plus sign (+) to compose a new message.
4. **Send Message:** Enter the teacher's name or select them from the contact list, type your message, and send it.

By following these steps, you can easily communicate with your child's teacher directly through the app.

What should I do if the app is not working correctly?

If you encounter any issues with the app, you can log a request for assistance. Here's how:

1. **Go to Main Menu:** Open the app and navigate to the main menu.
2. **Select "Contact Us":** Click on the "Contact Us" option.
3. **Log Your Request:** Provide details about the issue you are experiencing.

We are always open to suggestions for improvements and are ready to assist with any bugs or errors you may encounter. Our support team will respond to your request as soon as possible to help resolve the problem.

How do I delete a profile?

Simply go to the profile you want to delete and select "delete profile"



How do I reset my password?

You can change your password under the "My Menu" section of the app. If you have forgotten your password, follow these steps:

1. Go to Log In: Open the app and navigate to the login screen.
2. Select "Forgot Password": Click on the "Forgot Password" option.
3. Reset Password Email: An email will be sent to your registered email address with instructions on how to reset your password.
4. Follow Instructions: Open the email and follow the provided instructions to set a new password.

By following these steps, you can easily reset your password and regain access to your account.