PROGRAMME PROSPECTUS

The Space In Between

A 32-week, neuroscience-based programme for parents.

Stay. Relax. Observe. Connect.

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Parenting is not a script you learn. It's a rhythm you remember.

The Space In Between is a 32-week programme that turns developmental science into plain language and small things to try at home, so you can trust your own instincts and understand what is happening underneath your child's behaviour.

It is psychoeducation, not therapy. There are no scripts to follow perfectly, no labels needed, and no diagnosis given. It works for any child's nervous system, whatever their profile.

Michaela Viragova
Founder · Developmental scientist · PhD Candidate, King's College London

02 SOUND FAMILIAR?

You've tried it all. Something still feels unresolved.

1

Sticker charts that worked for a week, then stopped.

2

Stricter routines that made things feel worse, not better.

3

Consequences that didn't change what is happening underneath.

4

Advice from every direction, none of it quite fitting your child.

There is another way: one that honours your child's nervous system, your own instincts, and the relationship between you, backed by real developmental science.

03 OUR APPROACH

Instinct, backed by evidence.

We don't hand you a script. We help you trust the internal compass you already carry, while giving you the neuroscience to use it well.

Grounded in science. Every week is built on cited neuroscience and developmental research, in plain language.

Never a diagnosis. Psychoeducation, not therapy. No labels required.

Built for real families. Self-paced content plus a weekly group, so you feel less alone.

Stay.

Be present in the moment, without rushing to fix it.

Relax.

Settle your own nervous system first. Calm is contagious.

Observe.

Notice what the behaviour is communicating.

Connect.

Respond with warmth, and repair when it goes wrong.

Pathway to change

Phase One

WEEKS 1–10

Safety & Connection

Do I feel safe, and are you with me?

Phase Two

WEEKS 11–22

Play, Social Skills & Belonging

Can I play, connect, and belong with others?

Phase Three

WEEKS 23–32

Self-Esteem, Identity & Resilience

Who am I, and can I carry this forward on my own?

PHASE ONE WEEKS 1–10

Safety & Connection

“Do I feel safe, and are you with me?”

The foundation everything else builds on: understanding your child's nervous system, and yours, and learning to co-regulate together.

1. Evolution: The Evolution of the Brain & the Developing Brain
2. Brain Development During Pregnancy
3. Social Brain
4. Social Attention
5. Environmental Influence
6. Emotional Literacy (Self-Awareness)
7. Parental Brain
8. Chemistry of Love
9. Neuroendocrine Foundations of Parenting
10. Integration



PHASE TWO WEEKS 11–22

Play, Social Skills & Belonging

"Can I play, connect, and belong with others?"

Expanding into friendship, play and social confidence: the skills that let your child engage with the world.

11 Why Play Builds the Brain
12 Sensory Systems & Social Behaviour
13 Motivation, Dopamine & Curiosity
14 Social Development Stages
15 How to Make Friends
16 Maintaining Friendships
17 Understanding Loneliness
18 Social Confidence & Anxiety
19 Peer Conflict & Repair
20 Safe vs Unsafe Friendships
21 Neurodiversity & Social Differences
22 Integration

PHASE THREE WEEKS 23–32

Self-Esteem, Identity & Resilience

"Who am I, and can I carry this forward on my own?"

The inner resources your child carries forward: self-worth, a clear sense of identity, and real resilience through failure.

23 What Builds Self-Esteem
24 Inner Voice Development
25 Shame vs Healthy Guilt
26 Resilience & Failure
27 Identity & Belonging
28 Social Comparison
29 Rejection & Emotional Pain
30 Confidence in Social Settings
31 Advocacy & Support Systems
32 Integration & Future Planning

Seven parts. One clear idea.

1. Brain Bit
2. Real Life Translation
3. Practical Tools
4. Child Activity
5. Parent Reflection
6. Scripts
7. Weekly Challenge

SAMPLE · WEEK 23 · WHAT BUILDS SELF-ESTEEM

"Praising children's intelligence rather than their effort made them less resilient. After failure, they gave up faster and enjoyed the task less."

Mueller & Dweck (1998), *Journal of Personality and Social Psychology*

Try saying: **"You worked hard; I see your effort."**

Every week cites real, peer-reviewed research, and parents are taught how to read a study for themselves.

09 THE PROGRAMME IN NUMBERS

One journey, 32 weeks.

32
weekly lessons

3
phases, each building on the last

7
parts in every weekly lesson

8–10
parents per cohort, so everyone is heard

15–20
minutes of self-paced learning a week

1
weekly group call with a small group of parents

Wk 1
Evolution of the brain

Wk 10
Phase One integration

Wk 11
Why play builds the brain

Wk 22
Phase Two integration

Wk 23
What builds self-esteem

Wk 32
Integration & future planning

10 ART AT THE HEART OF IT

Feelings often arrive as pictures first.

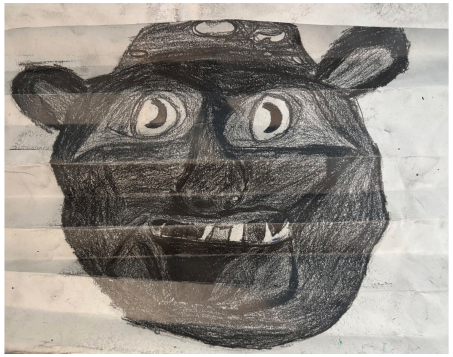
Each week includes space to draw, colour or make marks, because children (and parents) often show what they feel before they can find the words. These pieces come from my own family.



From my daughter



By me



From my son



By me: the pitch



11 MEET MICHAELA

Michaela Viragova

Developmental scientist and PhD candidate at King's College London's Institute of Psychiatry, Psychology & Neuroscience, researching how parents' responsiveness shapes children's emotional and cognitive development.

Michaela has spent more than ten years working with families in hospital, school and community settings. She is the inaugural recipient of the Psychiatry Research Trust's Claire Nacamuli Prize, and she facilitates every weekly group herself.

"Science is most useful when it is held alongside what parents already know, not placed above it."

Ready to find your rhythm?

Groups run small, just 8 to 10 parents per cohort, so everyone gets real time and attention. Join the waitlist and Michaela will be in touch as soon as the next cohort is ready to start.

Join the waitlist

amichaela23-mv.systeme.io/waiting

The Space In Between is psychoeducation, not therapy or a diagnosis. It is designed to be used alongside, not instead of, support from your GP, paediatrician or a qualified therapist.