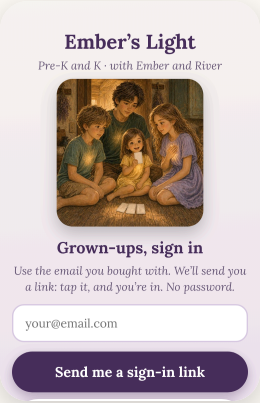
Welcome to Ember's Light!

How to get in. It takes about two minutes, and there's no password.

1 **Open Ember's Light** on the phone, tablet or computer your child will use:

ember.gentleholisticwellness.com

Type it into the address bar of your web browser (Safari, Chrome or Edge). There's nothing to download from an app store.

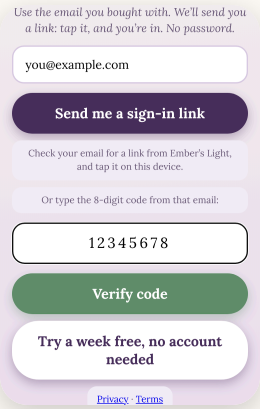


2 **Type the same email you used to buy** (or to start your membership or trial on Payhip), and tap **Send me a sign-in link**.

It has to be the same email. That's how the app knows what you bought.

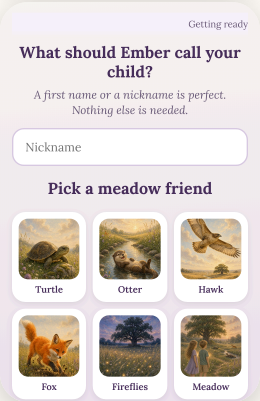
3 **Check your email.** You'll get a message from Ember's Light. Either tap the link in it **on the same device**, or type the **8-digit code** from the email into the box and tap **Verify code**.

Don't see it? Wait a minute and check your spam or promotions folder.



4 **Pick a nickname and a meadow friend** for your child, then tap **Let's go to the meadow!** Tap the first glowing stone to start Week 1.

If your family has more than one level, you'll pick the level first.



Make it an app on your home screen

Do this once, and Ember's Light gets its own icon and opens full screen, just like any other app. Open the app in your browser first (page 1).

iPhone or iPad (Safari)

1. Open **ember.gentleholisticwellness.com** in **Safari**.
2. Tap the **Share** button . On iPhone it's at the bottom of the screen; on iPad it's at the top right.
3. Scroll down and tap **Add to Home Screen** .
4. Tap **Add**. The Ember's Light icon is now on your home screen.

Android phone or tablet (Chrome)

1. Open **ember.gentleholisticwellness.com** in **Chrome**.
2. Tap the **three dots** at the top right.
3. Tap **Add to Home screen** or **Install app**, then **Add** or **Install**.

Computer (Chrome or Edge)

1. Open **ember.gentleholisticwellness.com**.
2. Click the **install** icon at the right end of the address bar, then **Install**. Or simply bookmark the page.

You stay signed in on that device. Your child's progress is saved to your account, so it's there on any device you sign in on.

Good to know

Turn the sound on

Everything is read aloud, in Erika's voice. On an iPhone or iPad, check that the **silent switch is off** and the volume is up. Headphones work well for little ones.

A few minutes a day

One part a day is plenty. Part 1 is the story and the practice; Part 2 is drawing and coloring. Do the practices together at first. After a week is finished, new **Meadow Visits** open: short stories that bring the practice into real life.

The Grown-ups corner

Tap **Grown-ups** at the top of the meadow, then type your 4-digit grown-up PIN (you pick it the first time, and it stays on your device). You'll find notes and tips for every week, printables, and the read-aloud setting (everything, just the stories, or nothing). Some Meadow Visits touch on harder things, like loneliness, name-calling or a secret that feels yucky. We suggest reading those together.

Got a gift or a code?

Sign in with your own email (page 1). Then tap **Have a code?** and type the code from the gift card.

Something not working?

"We couldn't find a purchase for this email" means you signed in with a different email than the one you bought with. Tap **Try another email** and use that one. Just bought? Tap **Check again** after a minute.
No email? Check spam, and make sure you typed it right.
Still stuck? Message Erika through **gentleholisticwellness.com**, and she'll sort it out.