

This study looked at whether *Embers the Dragon*, a self-guided digital program, can help young children (aged 4–7) and their parents. The program aims to support the emotional wellbeing of parents/guardians and children aged 4–7. Participants in the Embers condition reported a significant improvement in their child's emotional and behavioural difficulties. This improvement was greater than that observed in those not given access to the application. Participants using Embers also felt more confident and used fewer negative discipline strategies. However, by the end of the study, the difference between the two groups was smaller because parents in both groups improved over time. No changes were observed in overall health-related quality of life.