

EFT TAPPING WITH KIDS

1. Get on their physical level --- sit or lay down with them.
2. Use words that are appropriate for them. For example, instead of “I totally and completely accept myself, say “I’m an awesome kid” or “I’m a great kid”.
OR, you can ask them how they’d rather feel and use that as the positive affirmation, like “I am really smart” or “I am really brave”.
3. Talk about what the issue is in THEIR words – make it personal for them.
4. How to introduce it to kids:
Older children: you can tell them you know a technique that will help calm them down and that a lot of pro sports players do this, like players who won the world series!
5. Younger kids: Use hands together for 0 pain or emotional upset and spread apart for 10.
Like “how big”. Tell them this tapping will make them feel better and they can even do it themselves.
6. Ask the child, “how would you rather feel?” And you can use that positive affirmation – like I’d like to be smart.
7. Can ask them where they feel it in their body.
8. Can play a game and tap as you sing a song or a nursery rhyme.

This is such a great way to show how much you care. Show them how you are allowing them to be heard and work through their upsets together. And they will learn that it’s ok to talk about their feelings.

If the child is too young to grasp the tapping protocol, they can fold their arms over their chest and tap one arm, then the other, etc. Alternate tapping on the top of the arm.

Remember, that just the act of tapping the points will move energy that is stuck!

Kids respond beautifully to EFT. They don’t even think it looks strange!