



Kids and EFT (Emotional Freedom Techniques)

One of the joys of EFT is how quickly and easily children learn and use it. Often, kids are the easiest bunch to convince that this tapping stuff works – they often just try it, memorize it without being asked to, feel it work, and run off to show their friends. I've had children want to go help a friend right away who has nightmares, or be eager to show their best friend who is scared of the dark how to tap. Here are a few ideas to start you off using tapping with children.

Younger children often go through normal stages of fearfulness. With the littler kids you can tap or gently press on the points, using EFT to help reduce or eliminate:

- Fear of the dark
- Fear of monsters under the bed/in the closet/etc.
- Fear of (or upset after!) seeing a scary clown, Santa Claus, or Mickey Mouse...

"Tapping" can also help children of all ages with:

- Difficulty sleeping
- Nightmares
- Challenging transitions (back home after a weekend with mom/dad in a separate location; heading back to school after summer vacation)
- Sad feelings, shame, guilt
- Nervousness about school performance, tests, presentations

School is a topic in and of itself. For children who learn "tapping," some will use it in specific ways automatically. Others may need a reminder and a little help and support when tough situations come up. School issues that often are "tap-able" include:

- Transitions heading to or coming home from school when change is hard
- Stuck places in learning. There can be a host of feelings to tap down, from frustration, which often comes out as "boredom," to "hating" a subject, to just not getting something in the homework. Often, when the emotions are brought down from an uncomfortable intensity, learning challenges can ease.
- Negative feelings about another student, or a particular teacher
- Test anxiety
- Nervousness about speaking in front of the class, a school performance, a sports event, a musical concert or play, etc.

Children easily learn the EFT "Basic Recipe". Your child, (or niece, nephew, friends' child) may or may not want a grown-up around helping them with the tapping once they learn it. With older children it can be helpful to offer to help, and then let it be their choice. EFT can be an added tool in children's life skills tool kit, helping them feel mastery. Kids learn yet another way from experience that they are able to handle life's challenges as they come up, leaving them freed up, happier, and more successful.