

Tapping with Children

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My 9-year old grand-daughter stayed with me one day while her mother was working. 'Ginny' (not her real name) wasn't very well and had brought her children's painkiller for her headache. Up till then I'd not had the opportunity to introduce EFT to this part of the family.

So when I had 'Ginny' to myself and she said she wanted the medication for a headache, I said 'I know how to get rid of headaches' and encouraged her to copy me by tapping on myself. She looked at me like I had two heads and shook her head, so I had to think fast! I stood up and said:

"Simon says... put your hands on your head".

Sure enough she complied and I had her! I then mixed in various "Simon says..." commands with EFT tapping points, inserting comments such as...

"Simon says... tap here... we don't need that old headache... Simon says... tap here... we can send that old headache packing..."

Soon she was laughing and, guess what, the headache had gone!

While this grandchild's response was somewhat hesitant and restrained, another experience with my 5-year old great-grand-daughter 'Lily' elicited a different reaction. She had a skin condition that was irritating her and making her fractious and tearful. I offered to 'tap it away', showing her the 'magic buttons' that would help it to heal. The tears soon stopped as I tapped on her.

Being a creative child she wanted to tap on the site of the irritation, so I explained how she could tap anywhere but the special 'magic buttons' were a way for her to talk to her body. "Talk to my body!" she exclaimed, so having got her interest I asked, "If you cut your finger, what happens?" "I put a plaster on it" she replied. "And what happens when you take the plaster off after a few days? Where is the cut?" "It's gone, it gets better" she agreed. I pressed the meaning home... "So your body got better by itself?" She was impressed. Now was the time to clinch the lesson.

"When you tap those magic buttons, you're telling your body that it can get better just as quickly and easily as it can." Taking her hand to tap on herself I said... "Just tap and say..."

"Even though my (part of the body) hurts I know it will heal itself. My body is so clever it gets better all by itself."

She seemed to like that and that's all we had time for. However, her skin condition, while still there, has not irritated her since and I've encouraged her mother to keep tapping for that and let me know what happens.

I look forward to more interaction as she gets older.

Patricia Wynne attended the EFT Mentoring Retreat with Gwyneth Moss
www.Emotional-Health.co.uk/retreat.htm