

EFT for Kids: Emotional Freedom Technique

As parents, we want nothing more than for our children to be happy, healthy, and successful. We strive to provide them with the best possible education, opportunities, and support system. However, even in the most nurturing environments, children can experience challenges that can impact their emotional well-being and academic performance.

Introducing EFT for Kids, a revolutionary technique that empowers children with the tools they need to manage their emotions, overcome challenges, and thrive in all areas of their lives.

Emotional Freedom Technique (EFT) is a gentle, hands-on technique that combines elements of acupuncture, psychology, and energy healing. It is based on the principle that negative emotions and experiences are stored in the body's energy system and can cause a variety of physical and emotional problems.



EFT FOR KIDS EMOTIONAL FREEDOM TECHNIQUE: CALM AND PEACE by Marjorie Savage

★★★★☆ 4.4 out of 5

Language : English
File size : 74551 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 241 pages
Lending : Enabled

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By tapping on specific acupressure points while focusing on the negative emotions, EFT helps to release the energy blockages that are holding these emotions in place. As the energy blockages are released, children experience a sense of relief, calm, and clarity.

EFT for Kids is a safe and effective technique that is specifically designed for children. It has been shown to be helpful for a wide range of emotional and behavioral challenges, including:

- Anxiety and stress
- Fears and phobias
- Emotional outbursts and tantrums
- Bullying and peer pressure
- Trauma and abuse
- Depression and low self-esteem
- Academic difficulties
- Physical symptoms such as headaches and stomachaches

EFT for Kids is a simple and easy-to-learn technique. It typically involves the following steps:

1. **Identify the problem:** Ask your child to focus on the specific emotion or problem that they are experiencing.
2. **Rate the intensity:** Have your child rate the intensity of the emotion on a scale of 0 to 10, where 0 is no intensity and 10 is the highest possible intensity.

3. **Tapping script:** Guide your child through a series of tapping points on their face, head, and chest while saying a specific tapping script. The tapping script helps to focus the child's attention on the problem and to release the negative emotions.
4. **Re-evaluate the intensity:** After completing the tapping round, ask your child to rate the intensity of the emotion again. You may find that the intensity has decreased significantly.
5. **Repeat:** Continue tapping until the intensity of the emotion is reduced to 0 or a manageable level.

The benefits of EFT for Kids are numerous. Children who learn EFT can:

- Manage their emotions more effectively
- Reduce anxiety and stress
- Overcome fears and phobias
- Improve their behavior
- Boost their self-esteem
- Enhance their academic performance
- Improve their overall well-being

Teaching EFT to your child is easy and fun. There are a number of resources available to help you get started, including:

- Books and DVDs
- Online courses

- EFT practitioners who specialize in working with children

With a little practice, you and your child can learn to use EFT to address any emotional or behavioral challenges that they may face.

EFT for Kids is a powerful tool that can help your child to overcome challenges, thrive in school, and live a happy and fulfilling life. By empowering your child with EFT, you are giving them a lifelong gift that will benefit them for years to come.

To learn more about EFT for Kids, visit the website of the EFT International Association for Children (EFTIAC). EFTIAC is a non-profit organization dedicated to promoting the use of EFT with children and youth.



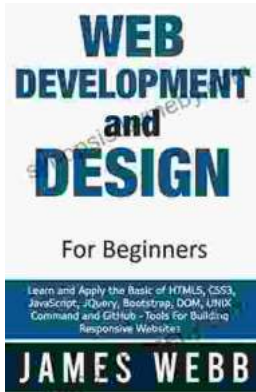
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