

## Tapping Handout for Parents

### How to help your Young Person Tap:

#### 1. Identify the problem

If you notice something is bothering your young person, ask them: “What is bothering you and making you feel bad?” ( If they can identify a specific feeling, that’s best but not necessary).

#### 2. Rate the discomfort

Ask them: “How much is this bothering you?”

- They can measure by using numbers 1 – 10; 1 meaning it doesn’t bother them very much, 10 means it bothers them a lot.
- They can also use their arms to measure; hands being close together means it isn’t bothering them at all. Arms wide open means it’s bothering them a lot.

#### 3. Create a statement that describes the problem and is followed by a positive affirmation:

- “Even though (whatever is bothering me), I am a good kid”.

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### 4. Tap on your Tapping Points as your Young Person Taps on their Tapping Points (about 6 times each point), while both of you say the following phrase:

(This is called the “BASIC RECIPE”)

- Karate Chop: Say “Even though (whatever is bothering me), I’m a good kid anyway”
- Top of head: “Even though (whatever is bothering me)”
- Eyebrow: “I’m still a really good kid”
- Side of eye: “Even though (whatever is bothering me)”
- Under the eye: “I’m an amazing kid”
- Under nose: “Even though (whatever is bothering me)”
- Chin: “I’m still a great kid”
- Collarbone: “I’m amazing”
- Under arm: “Letting all this (whatever is bothering me) go now”



### 5. Both of you take a big deep breath and blow it all out.

### 6. Reassess the discomfort:

Ask them again, “How much is it bothering you now?”

### 7. If it isn’t completely gone:

(whatever was bothering them) continue Tapping with the “Basic Recipe”, BUT this time say: “Even though (whatever was bothering me) is still bothering me... I’m still a great kid, etc.”

**Take a big deep breath and blow it all out.**

**Measure again.**

**Repeat until whatever was bothering them isn’t bothering them anymore.**

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### **Additional Tips:**

Young people can also just Tap on their Tapping Points while they say nice things about themselves, like; “I’m a really smart kid, I’m creative, I’m kind, I like to learn, I’m an awesome kid”. They can say whatever words would feel good to hear when they say them to themselves. You can help your young person find nice words to say if they get stuck.

If your child is pre-verbal and you see that something is bothering them, you can simply Tap on their Tapping Points, no words are needed.

### **Finger Squeeze:**

For young children, you can gently squeeze the tip of their fingers, on the sides of each nail for 3 seconds each. If possible, squeeze all 10. This has a calming effect on their nervous system and is also very helpful for sleep. Older children can do the "Finger Squeeze" for themselves.

## HAPPY TAPPING!

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### **Resources:**

#### **Websites:**

- [Tapwithin.com](http://Tapwithin.com)
- [EFTUniverse.com](http://EFTUniverse.com)
- [EMOfree.com](http://EMOfree.com)—Gary Craig
- [TheTappingSolution.com](http://TheTappingSolution.com) – Nick Ortner
- [Tapping for Veterans: PTSD treatment using EFT – www.stressproject.org](http://www.stressproject.org)
- [TapWithBrad.com](http://TapWithBrad.com) - Brad Yates

See more resources on next page...

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### Resources continued...

#### Movies:

- The Tapping Solution by Nick Ortner
- Tapping Play – Debbie Teichmann

#### Books:

- The Tapping Solution - Nick Ortner
- Biology of Belief - Bruce Lipton
- The Genie in your Genes - Dawson Church

#### Books for young people:

- Gorilla Thumps and Bear Hugs – Alex Ortner
- The Wizard’s Wish – Brad Yates
- Big Ted's Guide to Tapping – Alex Ken & Jen Smith
- Tap into Joy – Susan Jeffrey Busen
- Enchanted Fairy Taps: A Child's Introduction to Emotional Freedom Techniques – Adel Rawlinson

#### Books for teens:

- Tapping for Teens – Jill Greenbaum
- EFT for Teens – Peta Stapleton
- Tapping for Parents, Children and Teenagers – Nick Ortner

#### Guided Meditation App:

- Download “The Tapping Solution” App from the App Store