

A Touch of Tapping



**A SIMPLE GUIDE
TO TAPPING**

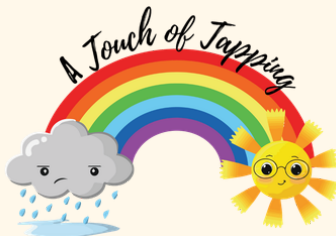


for parents



Hi, I'm Carol, and I would love to introduce you to ***A Touch of Tapping***. I specialise in supporting children to navigate emotional challenges using Emotional Freedom Techniques (EFT), also known as Tapping.

My mission is to gently empower young minds to manage their emotions, ease anxiety, and overcome fears - building confidence and resilience along the way.



As a parent, you want your child to be happy and be able to cope with everyday challenges, big or small.

School:

- making friends
- bullying
- tests
- coping with learning
- overwhelm and frustration

Outside school

- nightmares/not sleeping
- routines
- new places
- phobias

All of these I can help you with by sharing a simple technique you can do together or your child can use independently.

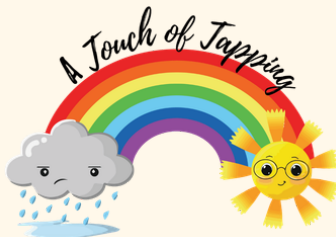


The Tapping Points

1. side of hand - (karate chop point).
2. start of eyebrow
3. edge of eyebrow
4. under eye
5. above mouth
6. under mouth
7. below collarbone
8. under arm

Finger Tapping – an alternative or add-on.
 Start on the side of your hand. Then from the small finger tapping on the side of the nail of each finger tapping on the side of the nail of each finger moving up.

You can tap or squeeze fingertip points anywhere at any time.



I invite parents to join in with sessions, to experience what tapping feels like and the difference it makes.

We start where the child is at, that is to say, I don't need to ask lots of questions; I don't expect them to be able to tell me what they're feeling.

The questions I do ask will be about sensations they feel in their body, can we give it a name, a colour?

The tapping begins with whatever the child offers.

We can use the tapping points as shown in the diagram opposite.

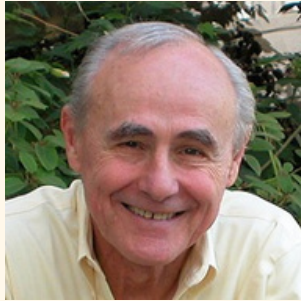
If the child prefers, we can start with the teddy bear tapping or picture tapping.

The child can also make their own sock puppet as a tapping companion.

Families and children tell me how much difference tapping has made to their daily living for everyone.

Let me work with you, and I promise I will do my best for you and your child.

See the back for my details.



EFT was originally developed by psychologist Roger Callahan in the 1950's after he discovered that meridian energy points in the body each had an endpoint that could be manipulated by acupressure.

In the 1990's, scientist Gary Craig (pictured)streamlined the process into the EFT we know today.

Scientific research is catching up with the practical side of EFT. Studies show EFT as a powerful tool for mental and emotional well-being by shifting brainwave activity towards a more relaxed and balanced state.





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