

## Ten Tips for promoting Family Happiness and Peace.

EFT Master Barbara Smith

[www.eft-newzealand.com](http://www.eft-newzealand.com)

1. **Night terrors** can often be completely resolved by tapping on your child at the time. “Even though this is a really scary dream, I know you are a good kid.”
2. Children will absorb new information much more readily, when you, and they, are free of overwhelming feelings. When they seek help, **tap to reduce emotional intensity first**.
3. **If you feel angry and want your child to change**, then YOU have the problem. Withdraw from the conflict and tap to reduce your anger or frustration. Then try again.
4. Children often cannot manage all the tapping points. Watch carefully and choose the ones that your child responds to best. Some children quickly develop their own favourites. Trust them.
5. Create a bed-time ritual where you **talk and tap about what is happening tomorrow**, adding “what if ...it is really easy ... I am smart enough already. Children love it.
6. **Temper tantrums?** Hold your child without hurting him. Rub continuously on the sore spot. ‘Even though I know you are really, really angry, Mommy still loves you very much’.
7. Persistent out-of-control behaviour in an older child? **Tap when you are both happy**. Kids can be scared of the intensity of their feelings, and willingly tap to resolve the problem.
8. **Address ambivalence**. Tap each side of the issue on alternate points. (e.g. Alternate: “She hit me and it hurt.” with “I really like playing at her place”.
9. Homework problems? **Clearly identify the problem before tapping** by asking more questions: Too much to do? You don’t understand it? Can’t remember? Missing your TV programme?
10. **Does this all feel like too much?** Use random tapping on yourself while you re-read the tips; take in only what fits for you and your family. Happy tapping!