

TAP INTO A HAPPY CONNECTED LIFE

TAPPING FOR PARENTS TAPPING FOR KIDS

# EFT TAPPING SCRIPTS



PREPARED AND PRESENTED BY

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AND LEAD TUTOR





Hello,

It's lovely to hear that you are interested in learning how to do some EFT Tapping as a family.

EFT is a powerful way to work through issues that are causing problems.

EFT is simple, powerful, and effective for both adults and children.

It provides the tools to be able to self-regulate emotions, becoming fully equipped for when life throws those curve balls.

When I set up WiggleBums, my mission was to support and empower families throughout the first few years of a child's life.

As we've grown so has our mission, and now we support and empower families from toddlers to teens using various processes that work at the deepest of levels.

I've been a Therapist for nearly 20 years which has been the driving factor in creating our in-depth science-based trauma-informed training and courses.

Our EFT Practitioners Level 1 & 2 + Tapping for Parents - Tapping for Kids Teacher Training and online course is for anyone who wants to make a difference in their child or family's life and who wishes to add to their metaphorical medicine cabinet.

Learning and using EFT means you and your family will all reap the benefits both individually and collectively. It can make a huge difference in relationships and in the way we feel about ourselves, our families and our abilities.

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# EFT LEVEL 1 & 2

## ABOUT THE COURSE...

EFT (Emotional Freedom Technique) is a range of simple yet powerful therapeutic processes that combine gentle acupressure tapping with cutting-edge psychological techniques.

They are extremely effective in enabling the quick and gentle release of long-standing emotional blocks, which can enable an individual to create significant changes in almost any area of life.

EFT has its roots in ancient Eastern healing practices which are at least 5000 years old, such as acupuncture, shiatsu and reflexology.

It also draws greatly from the work of many people and therapies that have led to our understanding of human psychology and especially emotions.

It is a relatively new technique, having been created by Gary Craig in 1995. It is now used both as a self-help tool and to treat others by millions of people worldwide.

On its own, EFT is an incredibly potent treatment and amazing results can be and often are achieved.

It can also be very effectively combined with other therapies and holistic practices, including counselling, psychotherapy, coaching, hypnosis, and mindfulness among others.

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# EFT & FAMILY TAPPING

EFT (Emotional Freedom Techniques) tapping is a therapeutic technique that involves tapping on specific points on the body, such as the head, face, and upper body while focusing on a particular issue or emotion. It is often used to reduce stress, anxiety, and negative emotions.

When practised as a family, EFT tapping can have several potential benefits:

- **Stress Reduction:** Families often face various stressors, whether they are related to work, school, relationships, or other life challenges. EFT tapping can help each family member manage stress and promote a more harmonious environment.
- **Improved Communication:** EFT tapping sessions can provide a platform for family members to express their feelings and concerns in a supportive, non-judgmental setting. This can lead to better communication and understanding among family members.
- **Emotional Bonding:** Engaging in EFT tapping as a family can create a shared experience that fosters emotional bonding. It allows family members to connect on a deeper level and provides a positive and constructive way to address emotional issues.
- **Conflict Resolution:** Families may encounter conflicts and disagreements from time to time. EFT tapping can be a tool to address and resolve these conflicts by helping individuals manage their emotions and find common ground.
- **Coping with Life Changes:** Families go through various life changes, such as moving, job changes, or the loss of a loved one. EFT tapping can assist in coping with these changes by providing a coping mechanism for processing emotions and adapting to new situations.
- **Promoting Emotional Well-Being:** EFT tapping is often used to alleviate negative emotions and promote emotional well-being. By incorporating it into family routines, families may create a positive emotional atmosphere in the home.

It's important to note that while many people find EFT tapping beneficial, individual experiences may vary. Additionally, families should approach EFT tapping with an open mind and be willing to explore other therapeutic techniques if needed. Consulting with a qualified mental health professional can provide guidance on how to incorporate EFT tapping into family life and address specific issues.

# TAPPING POINTS



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# TAPPING POINTS



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# EFT SCRIPT FOR PARENTS DEALING WITH A CHILD'S CHALLENGING BEHAVIOUR

Before starting the EFT (Emotional Freedom Techniques) session, find a quiet and comfortable place where you won't be interrupted. Take a few deep breaths to centre yourself and focus on your child's behaviour. Remember that this tapping session is a way to release your own stress and negative emotions, not a solution to your child's behaviour. Remember, it is essential to take care of your own emotional well-being as a parent.

## **Setup Statement:**

Tap on the karate chop point (the side of your hand, below your pinky finger) while saying the following statement three times:

***"Even though I'm struggling with my child's behaviour, I deeply and completely love and accept myself."***

## **Round 1: Acknowledging the Struggle**

Tap each point 5-7 times whilst saying the following:

- **Eyebrow:** "I'm so stressed about my child's behaviour."
- **Side of the Eye:** "I feel overwhelmed and frustrated."
- **Under the Eye:** "I don't know how to handle this situation."
- **Under the Nose:** "I worry about my child's future."
- **Chin:** "I feel like I'm failing as a parent."
- **Collarbone:** "All this stress and frustration in me."
- **Under the Arm:** "I don't want to feel this way anymore."

## **Round 2: Shifting Perspective**

Repeat the tapping, but this time, focus on shifting your perspective, tap each point 5-7 times whilst saying the following:

- **Eyebrow:** "What if I could see my child's behaviour differently?"
- **Side of the Eye:** "What if this is just a phase?"
- **Under the Eye:** "What if my child is struggling too?"
- **Under the Nose:** "What if I can learn new ways to help my child?"
- **Chin:** "What if I can be a more patient and loving parent?"
- **Collarbone:** "I choose to release my old worries."
- **Under the Arm:** "I'm open to new possibilities."



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# EFT SCRIPT FOR PARENTS DEALING WITH A CHILD'S CHALLENGING BEHAVIOUR

## Round 3: Cultivating Compassion

Continue tapping with a focus on self-compassion and understanding, and move on to the next point when it feels ready to do so:

- **Eyebrow:** "I forgive myself for any past mistakes."
- **Side of the Eye:** "I choose to be patient with myself as a parent."
- **Under the Eye:** "I can learn and grow from this experience."
- **Under the Nose:** "I send love and understanding to my child."
- **Chin:** "I release any blame or guilt."
- **Collarbone:** "I choose to nurture a loving connection with my child."
- **Under the Arm:** "I am a caring and capable parent."

## Round 4: Embracing Positivity

Tap each point 5-7 times whilst saying the following:

**Eyebrow:** "I am resilient and strong."

**Side of the Eye:** "I have the tools to support my child."

**Under the Eye:** "I choose love and patience in every interaction."

**Under the Nose:** "I am creating a harmonious family environment."

**Chin:** "I trust myself as a parent."

**Collarbone:** "I am open to learning and growing together."

**Under the Arm:** "I am confident in my ability to handle this."

### Closing:

**Crown:** I love myself exactly as I am

Take a deep breath and relax. Close your eyes for a moment, and visualise a peaceful and loving connection with your child. Remember that parenting is a journey, and it's okay to seek help and support when needed. Use this EFT script as often as necessary to help you release stress and maintain a positive mindset as you navigate your child's behavioural challenges.

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# EFT SCRIPT FOR CHILDREN EXPERIENCING ANXIETY

Emotional Freedom Techniques (EFT) tapping can be a helpful tool for children dealing with anxiety. Keep in mind that individual responses may vary, so feel free to adapt the script based on the child's specific situation and preferences. It's also important to encourage the child to express their feelings openly and honestly throughout the process.

## Set Up Statement:

*"Even though I feel anxious, I am a good kid, and I am learning to calm my worries."*

## Round 1: Acknowledging the Struggle:

Tap each point 5-7 times while saying the following:

- **Eyebrow:** "I feel anxious right now."
- **Side of the Eye:** "I don't like this feeling in my tummy."
- **Under the Eye:** "It makes me uncomfortable."
- **Under the Nose:** "I don't know why I feel this way."
- **Chin:** "But I'm okay, and it's okay to feel this way."
- **Collarbone:** "Even though I have this anxiety, I'm a good kid."
- **Under the Arm:** "I'm safe, and I can let go of some of this anxiety."

## Round 2: Shifting Perspective:

Tap each point 5-7 times while saying the following:

- **Eyebrow:** "What if I could see things differently?"
- **Side of the Eye:** "Maybe this anxiety has a reason, but I don't have to figure it all out now."
- **Under the Eye:** "I choose to let go of what I can't control."
- **Under the Nose:** "I'm open to feeling more at ease."
- **Chin:** "Even though things might be tough, I can handle it."
- **Collarbone:** "I choose to be brave and face my feelings."
- **Under the Arm:** "I'm strong, and I can handle this."

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# EFT SCRIPT FOR CHILDREN EXPERIENCING ANXIETY

## Round 3: Cultivating Compassion:

Tap each point 5-7 times while saying the following:

- **Eyebrow:** "It's okay to feel this way."
- **Side of the Eye:** "I'm not alone; others feel anxious too."
- **Under the Eye:** "I send love and kindness to myself."
- **Under the Nose:** "I forgive myself for feeling this way."
- **Chin:** "I am learning and growing every day."
- **Collarbone:** "I am a kind and caring person."
- **Under the Arm:** "I choose to be gentle with myself."

## Round 4: Embracing Positivity:

Tap each point 5-7 times while saying the following:

- **Eyebrow:** "I release the anxiety; I let it go."
- **Side of the Eye:** "I am surrounded by love and support."
- **Under the Eye:** "I choose to focus on the positive."
- **Under the Nose:** "I am strong, brave, and capable."
- **Chin:** "I see the good in myself and others."
- **Collarbone:** "I am in control of my thoughts and feelings."
- **Under the Arm:** "I choose to be happy and at peace."

## Closing:

Take a deep breath. You can finish with a positive affirmation:

***"I am calm, I am strong, and I am in control. I choose peace, and I let go of any remaining tension. I am safe, and everything is okay."***

Encourage the child to check in on their anxiety levels and repeat the tapping as needed.

If the child is uncomfortable or resistant, it's essential to respect their feelings and not force the process. Always adapt the script to suit the child's needs and comfort level.

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# EFT SCRIPT FOR CHILDREN EXPERIENCING ANXIETY AROUND GOING TO SCHOOL

Emotional Freedom Technique (EFT) can be a helpful tool for children experiencing anxiety. It's important to approach this with sensitivity and adapt the language to suit the child's age and understanding. Your child may use a particular way to describe their feelings and worries around school and friendship. Feel free to add this as you go; edit the script to meet your needs.

Here's a tapping script tailored for a child who is anxious about going to school:

## **Set-Up Statement (Tap on the Karate Chop Point):**

*"Even though I feel really worried about going to school, I'm a great kid, and I'm okay just the way I am"*

*'Even though I don't want to go to school, I love and accept myself and my feelings.'*

*"Even though school makes me feel anxious, I'm a good kid, and I'm going to try to feel better."*

## **Round 1: Acknowledging the Struggle**

Tap each point 5-7 times while saying the following:

- **Eyebrow:** I don't want to go to school.
- **Side of the eye:** It makes me feel really nervous.
- **Under the eye:** I'm struggling with this feeling.
- **Under the nose:** Going to school feels hard for me.
- **Chin:** I don't like feeling this way.
- **Collarbone:** It's okay to admit I'm struggling.
- **Under the arm:** Even though it's hard, I'm a good kid.

## **Round 2: Shifting Perspective**

Tap each point 5-7 times while saying the following:

- **Eyebrow:** What if school could be a bit easier?
- **Side of the eye:** Maybe I can find things I enjoy.
- **Under the eye:** There might be interesting and fun things to do today
- **Under the nose:** I can learn new things.
- **Chin:** School might not be as bad as I think.
- **Collarbone:** I'm open to seeing things differently.
- **Under the arm:** It's okay to change how I feel.

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# EFT SCRIPT FOR CHILDREN EXPERIENCING ANXIETY

## **Round 3: Cultivating Compassion**

Tap each point 5-7 times while saying the following:

- Eyebrow: I understand I'm feeling anxious.
- Side of the eye: It's okay to feel this way.
- Under the eye: I'm a good kid, and I deserve kindness.
- Under the nose: Maybe others feel nervous too.
- Chin: I send love to myself and others.
- Collarbone: We all have feelings, and that's okay.
- Under the arm: I am compassionate towards myself.

## **Round 4: Embracing Positivity**

Tap each point 5-7 times while saying the following:

- Eyebrow: What if I can make school a little better?
- Side of the eye: I choose to focus on positive things.
- Under the eye: I can find joy in little moments.
- Under the nose: School can be a place of growth for me.
- Chin: I am open to embracing positivity.
- Collarbone: I choose to see the good in my day.
- Under the arm: I am capable of feeling better.

## **Closing: (Tap on the Crown):**

**Crown:** I am safe and loved, and I can handle this.

Take a deep breath.

After completing these rounds, encourage the child to take a deep breath and assess how they are feeling.

It's essential to be supportive and repeat the process as needed. Additionally, feel free to adjust the language based on the child's age and individual situation.

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# EFT TAPPING FOR PARENTS - TAPPING FOR KIDS

Some useful statements to use whilst using EFT...

**"Even though I am feeling \_\_\_\_\_ I am a lovely girl/ really cool/ kind boy"** - then visualise the emotion as a physical feeling e.g **"blue anger in my heart"** then ask how bad on a scale of 1-10 10 being the worst what is this feeling?

**"Even though I have this "blue anger in my heart" I am a lovely girl/ really cool/ kind boy"** Go through the tapping points focus on the emotion and physical feeling notice if it changes and then ask **"Is it safe to let this go"** if yes **"I choose to let this "blue anger in my heart go"** still going through the tapping points.

If not, then again accept where they are **"Even though it doesn't feel too safe to let this go, I am a lovely girl/ really cool/ nice boy"**. Wherever they are, accept that, if they are ready to release so of the **"icky energy"** then allow that too.

Then after the 10 min bubble whatever their scale is at, say still 2 out of 10 **"Even though I still have a little "blue anger in my heart I am a lovely girl/ really cool/ kind/ calm/happy boy"**

Remember to bind it by time.

Give 5 or 10 minutes and then wrap it up so that the emotions can be released.





# YOUR TRAINER

Sam Neffendorf is a META-Consciousness Coach and Trainer, EFT Trainer and Matrix Reimprinting Practitioner, he inspires people to stand up for themselves, reach new levels of health and realise their potential to have an amazing life.

Tapping and Energy Psychology techniques enabled him to escape from corporate life into doing something he loves and, most importantly to become a dad naturally (twice), after being told that this would be very difficult by his GP.

Sam first started using EFT with his son when he was just 3 weeks old, with incredible results.

With his daughter, it started even earlier, as he used tapping techniques to help her turn in the womb from a breach position at 36.5 weeks pregnant.

This was followed a few weeks later by a beautiful home birth.

He loves being a dad and has used tapping countless times with himself, his wife Star and their children, as a key part of resolving many situations.

He now spends most of the year living in a beautiful part of Spain with his family and hosts exciting retreats, as well as working online with people worldwide, both individually and in groups.

Sam believes that now is an amazing time to move beyond your physical, mental and emotional blocks so that you can create the life you want, make a difference in the world and play your part in building an amazing future. And, of course, the children that we raise are an essential part of that!

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# YOUR TRAINER



Patricia Maddalena is an NLP Master, Trainer and Integration Therapist, and has studied Hypnotherapy, Regression Therapy, Timeline Reimprinting, Clean Language, Symbolic Modelling, Psychoactive Space technique and Soul Retrieval, to name but a few.

She was a NO1 Amazon Best Seller in the U.K. and the U.S.A. with her book *The Happiness Hacker* and is an international Transformational Coach with clients on a global scale.

She co-founded AusmMate a marketing platform and community where Coaches, Therapists, Yoga Teachers, and Spiritual Mentors join together to collaborate and learn how to grow their business online.

Patricia has been a Therapist for nearly 20 years and during that time she has helped many people heal from traumatic events in their childhood. This led her to believe that if we give our children and parents a new language and a new framework to live within, we could prevent the amount of adults needing help in the years to come.

She decided to create WiggleBums, a yoga and mindfulness teacher training to help share peaceful parenting skills and NLP tools and techniques to encourage a positive growth mindset within each child that comes to the mat.

This has grown into offering several full-power teacher trainings, that provide communities with a psychological, emotional and physical toolbox for life.

She now has over 100 teachers worldwide, whom she has helped navigate the tricky waters between employed and self-employed and launch their well-being businesses out into the world. She has given them the tools to help end generational trauma from being passed down through the family lines and considers this EFT training an important part of healing the psycho-spiritual traumas we all carry.





## FAQ

**Tuition cost of the ETF Practitioner Level 1 & 2 - £445**

**Tuition cost of the ETF Practitioner Level 1 & 2 + BIZ BOOST - £900**

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**EARLY BIRD - ETF Practitioner Level 1 & 2 + BIZ BOOST - £675**

**ENDS SOON**

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**WHEN: FRI 24TH, 25TH & 26TH OF NOV 2023**

**WHERE: BRISTOL T.B.C**

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### **WHAT FORMAT IS IT?**

This is a LIVE in-person training with access to all video tutorials in the online training hub.

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### **WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?**

**Email: [Trish.maddalena@wigglebums.uk](mailto:Trish.maddalena@wigglebums.uk)**

**Email: [Sam@eftnow.co.uk](mailto:Sam@eftnow.co.uk)**

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## FAQ

**Tuition cost Tapping for Parents - Tapping for Kids - Work with Families - £900 - EARLY BIRD £675 - ENDS FRI 17th Oct 2023**

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**Tuition cost Tapping for Parents - Tapping for Kids + Inclusive Biz Course + How to Work Online & Create Courses £1200 - EARLY BIRD £875 - ENDS SUN OCT 15th 2023**

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**WHEN: SPRING - MARCH 2024 DATE T.B.C**

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### **WHAT FORMAT IS IT?**

**This is a LIVE in-person online training via Zoom, with access to all tutorials in the online training hub. You can access the package from anywhere in the world straight from your computer or phone.**

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### **WHAT IF I HAVE A QUESTION ABOUT THIS COURSE?**

**Email: [Sam@eftnow.co.uk](mailto:Sam@eftnow.co.uk)**

**Email: [Trish.maddalena@wigglesbums.uk](mailto:Trish.maddalena@wigglesbums.uk)**

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