



Greetings!



As you may have noticed, Energy of Change has begun to **focus on parenting and children's behavioral challenges**. That is because I love sharing what I have learned from 27 years of parenting and I am committed to **supporting and empowering parents*** so their children thrive. **Thriving children who feel safe, loved, and connected are able to move into life with success.**

However, **if you are not a parent, you are definitely the child of parents!** The Energy of Change approach offers you the opportunity to explore your childhood issues and learn to **parent your own inner child**. So often this is the source of the issues that lie behind the current challenges you face.

The first thing that's needed **to get to the bottom of your children's behavioral challenges** is a totally new understanding of what those behaviors are saying. This key understand, which I teach in my Level 1 Parenting Class will not only change your child's behavior, it will **strengthen your loving relationship with your child.**

Enjoy the newsletter, breathe deeply and be well,

In support,

Kathy Whitham

*"Parents" includes any caregiver of children

Free Parenting Coaching Tele-class
Tuesday, March 24th

THAT WAS EASY!



Can you list:

5 ways your kid knows exactly how to push your buttons?

Is your kid "just looking for attention?"

In this one hour class you will learn:

- **What your child is really looking for** when they are looking for attention
- **How to respond** to attention seeking behaviors
- **How to change** "that was easy!" to "that didn't work!"
- **How to become and stay calm** even when your child is pushing your buttons

WHEN: Tuesday, March 24th, 2009

TIME: 9:00 - 10:00 pm EST

WHERE: From the comfort of your own home

You will receive the call in number as soon as you register.

Register now! to reserve your place.

Kathy Whitham, RN is a relationship-centered **Behavior Parenting Coach** with experience in maternal-child and pediatric nursing. She brings to her work an understanding of both brain science and systemic family influences. She uses **EFT (Emotional Freedom Techniques)** as a tool to help clients manage stress.

"The Damage Is Already Done!"

More than one parent that I have worked with has identified with a feeling that **"the damage is already done"** when they look at their child's difficulties. It is a painful feeling and one I know well. However, if we remain in this constricted space of fear and anxiety, **when we look at our child, we see damaged goods! Then, we feel we have to "fix" our child.**



Energy of Change Parenting Coaching is about **shifting your energy from fear and control to love and relationship.** That means **our job as parents is to acknowledge and soothe our own feelings** of fear and anxiety and take care of our own unfinished business **in order to truly be the optimal space of love our children need to thrive.** This is not what we usually hear.

What follows is an EFT tapping sequence I did with a Susan, a recently separated mom of three teenagers who are living with their father. She felt the "damage is already done" feeling as constriction in her throat and chest.

**Say, "The damage is already done"
How true does that feel on a scale of 1-10?
Where do you feel in in your body?**

Once you have tuned in to your own feeling in your body, just tap along with these words. (**Borrowing benefits**)

Begin with the Karate Chop point: **Get EFT instructions**

KC: Even though the damage is already done, and that's the truth, I accept that this is how I feel.

KC: Even though the damage is already done, it's too late, there's nothing I can do, I accept who I am and how I feel about all this.

KC: Even though the damage is already done and I probably did all of it, and now I'm supposed to love and accept myself anyway and that's really hard, I do accept that this is how I feel and that's OK.

EB: The damage is already done

SE: It's too late

UE: The damage is already done

UN: And nothings going to change it

CH: It was all done by the time they were three

CB: And I didn't even know what I was doing

UA: And now it's too late

H: And even though I have this damage is already done feeling, I'm still OK

...TAKE A DEEP BREATH

Check in with original statement **"the damage is already done"** and rate the intensity now.

What came up for Susan was, **"I can only do so much. It's not going to matter anyway"** and a sinking hopeless feeling in her heart. What came up for you?

BEGIN THE SECOND ROUND OF EFT.

KC: Even though I feel like I can only do so much, and even that isn't going to matter anyway and it gives me a sinking hopeless feeling in my heart, I'm open to the possibility that I could love and accept myself anyway.

KC: Even though I have this hopeless, its not going to matter anyway feeling in my heart,
I accept my heart and everything it feels.

KC: Even though I feel powerless and hopeless, I accept who I am and how I feel.

EB: This its not going to matter feeling

SE: No matter what I do it's not going to matter

UE: At least not enough

UN: After all I'm just their mother

CH: I have no affect on them

CB: And it gives me a sinking feeling in my heart

H: I'm one powerless mother of a damaged child and that feels really hopeless. How can I still be OK?

...TAKE A DEEP BREATH...

...AND ANOTHER

What was your reaction as you said the last statement before the breath? Susan reacted with an adamant, "No I'm not!" She also felt that what was behind the "I can only do so much" feeling was an underlying feeling of **"I'm not enough."**

NOW LET'S DO A ROUND TO OPEN UP NEW POSSIBILITIES

KC: Even though I **am** enough, (No, it's not a typo, say it again)
I love and accept myself anyway.

KC: Even though **its enough that I am their mother**,
I love and accept myself as their mother

KC: Even though there is only a little bit that doesn't feel like enough, a lot feels like it is enough,
and I'm really grateful for that feeling

EB: What if I really am enough?

SE: What if I find a way to stand as enough.

UE: I think I might be enough.

UN: That's kind of a new feeling.

CH: I like the part of me that feels like enough.

CB: I'm really grateful that part of me feels like enough

UA: And that that part is becoming more of me

H: I really like feeling like enough and I'm open to the possibility of getting even more used to it

and I love and appreciate myself

...TAKE A DEEP BREATH

How true do the statements: "The damage is already done" and "I'm not enough" feel now?

Love allows us to be fully present in the moment. It is this space that allows our children to feel safe and connected to us.

"To love a child is merely to be present with her, to not be thinking about work, chores, or the day's duties, but rather to be present, attuned and in harmony with the child's needs and desires. Not that you will give in to every need, want, or desire, but you will open yourself up with the ability to be present to him without judgment or a need to change him. This is to love a child."*

*[Beyond Consequences, Logic and Control](#), Bryan Post & Heather Forbes, Beyond Consequences Institute, 2006, pg. 14

Beyond Consequences LIVE

A Parent Empowerment Event Not to be Missed!

This event is the opportunity to experience the book, [Beyond Consequences, Logic and Control](#) by Bryan Post & Heather Forbes **in person with Heather Forbes**. It is her only appearance in NYC this year.

The paradigm presented in this book is what first **gave me hope after years of struggle with my own kid's challenging behaviors**. I now have a strong, connected (I would say awesome) relationship with my adult child. He **no longer needs the self-destructive behaviors and is now able to really take in my love**.

It is this paradigm in which Energy of Change parenting coaching is rooted.

Save the date - APRIL 24th - now!

Find out more here.

I hope you enjoyed this month's newsletter. Please send me any questions you have about your child's behavior issues or about EFT and I'll address them in future newsletters.

In support,

Kathy Whitham
Energy of Change