



**HELP YOUR CHILD TO REACH THEIR FULL POTENTIAL IN SPORTS PERFORMANCE, ACADEMIC PERFORMANCE, SOCIAL SKILLS, PERFORMING ARTS, CONFIDENCE ISSUES, EXAM NERVES, IMPROVE STUDYING AND MUCH MORE**

Does your child come home from school upset? are they left behind with their learning?, is bullying an issue? do they have low confidence or low self esteem?, has dyslexia or ADHD been diagnosed?, does your child wet the bed?, are they scared of going to school?, do they have bad dreams or have problems sleeping?, do you think your child is unhappy?, no matter what is going on in their minds can help your child to make the most of their childhood in a fun and relaxed way.

You and your child can be treated in my Clinic or if you prefer the treatments can be conducted in the privacy of your own home, this is offered as an option so that your child does not have to take time off school, also this service is offered so that other children do not know about the treatment. No embarrassment or shame and above all the treatments are Confidential.

Call me to discuss your requirements and i will offer a treatment program for your child's needs.

During a session with children, I teach both the parent and the child how to reduce or clear negative emotions and bad feelings that may come up during a child's life,

Children are constantly picking up "stuff" from parents, teachers, peers, television and so on. These inputs go on daily and accumulate over the years to fill what we adults often call our "emotional garbage bags." If these inputs go unresolved, of course, they form unnecessary "limits" and thwart the attainment of our true potentials. These unnecessary fears, guilt's, grief's and traumas often have a thunderous effect on our "adult realities" and cost us dearly in both our personal peace and our pocketbooks.

Some examples of the "bad" things children might bring up would be...

"Daddy scared me when he yelled at me."

"I saw a monster eating people on television."

"My teacher doesn't think I'm very smart."

"I can't run as fast as Jimmy."

"Donna is prettier than me."

"The minister said I have to be perfect or God won't love me."

There are, of course, thousands of other examples that establish themselves as uninvited guests in children's psyches. Most of them are fictions and, arguably, have a far greater impact on how a child's life unfolds than does their education.

Alert parents have an obvious opportunity to ward off these "self confidence suckers" on a daily basis. Further, the process can be very nurturing for both parents and children because children love to be touched (tapped, rubbed) in loving ways. As you are loving your (our) children in this way, you can ask them more questions about "what happened today" and get even deeper into the issues.

This whole process is also useful for pre-verbal infants. Even though infants are not able to tell you what is bothering them, the mere fact that they are crying or exhibiting other signs of distress tells parents that something (e.g. a fear, trauma or physical discomfort) needs to be resolved.

Of course, we are all children (even though some of us have developed a few wrinkles) and thus this article need not be limited to a specific age group. Wouldn't it be nice, whatever your age, for someone to ask you about your childhood "stuff"? And wouldn't it be even nicer to resolve those issues daily? Maybe you could trade this favour with someone or just simply go through the process solo.

It's never too late to have a happy childhood. cal 01782 202689 ask for Dez Sellars Mind Coach

