



**THE**  
**HOW TO TEACH**  
**YOUR CHILD TO**  
**MANAGE THEIR**  
**ANXIETY KIT**

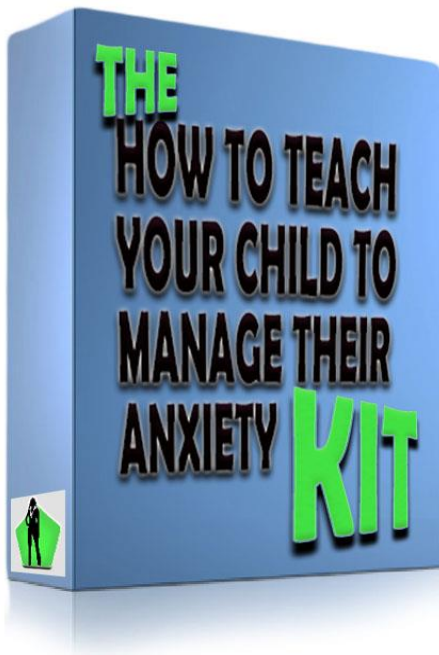


**By MICHELLE HATCHER AND THE**  
**MENTORING HUB 'HOW TO' KIT SERIES**

# **WELCOME!**

**I am absolutely delighted that you have chosen to join me today in this workshop!**

**We have got a lot to get through and I know time is precious to you so let's get started!**



**My name is Michelle Hatcher, parent of Autism and fully fledged therapist! This is a quick overview of my story to give you some idea who I am, what inspired me to make these kits and how you can benefit from them...**



**My son was diagnosed with Autism way back in 2010, and since then I have been passionate about finding new ways to help him manage the downsides of his Autism so he wouldn't be ever held back achieving his goals in life. (This is Jon, pictured here in 2017.)**

**Today, he is living life to the full, making friends all over the world, travelling, accomplishing excellent grades at school and looking forward to a bright future.**

**Since then, it has taken both, Jon and myself, a lot of hard work, commitment and trial and error but we are proud to say that all that work on his social, communication skills, self- image and confidence has paid off.**

**We didn't set out to find a 'cure' for Autism. After all, there are a thousand things about Jon that no one would change! Autism gave him his character, however, stress and anxiety, lack of understanding social cues, anger and frustration were holding him back. The traits of Autism that almost every parent would want to change.**

**What we found was **SOMETHING BETTER THAN A CURE**. It was the ability for Jon to manage his OWN problems.**

**Through doing this, Jon, and other children like him have discovered skills they didn't know they could ever master. They have confidence and self-esteem that will get them far in life. And that to me, is far better!**

**Today, my mission as a parent is to teach as many parents and carers as possible these simple techniques that I have kept working on and perfecting over the last few years. So, with that, let's get moving!**

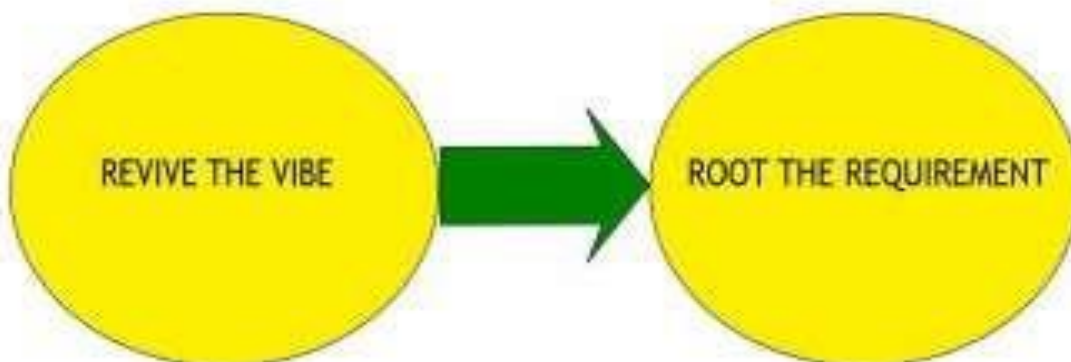


I am going to introduce you to a method I have called **ROOT THE REQUIREMENT.**

This will show you how you can teach your own child to manage stress and anxiety before a big event in their lives, such as; taking an exam, going to a function or a party, getting ready to start a new school or college or any activity child needs to partake in.

As with all my **HOW TO kits**, I start off with showing you a simple diagram which will help you get to grips with the system more easily. It is a picture of the process if you like. We tend to process and learn better when shown pictures and images, so I do hope this works for you too.

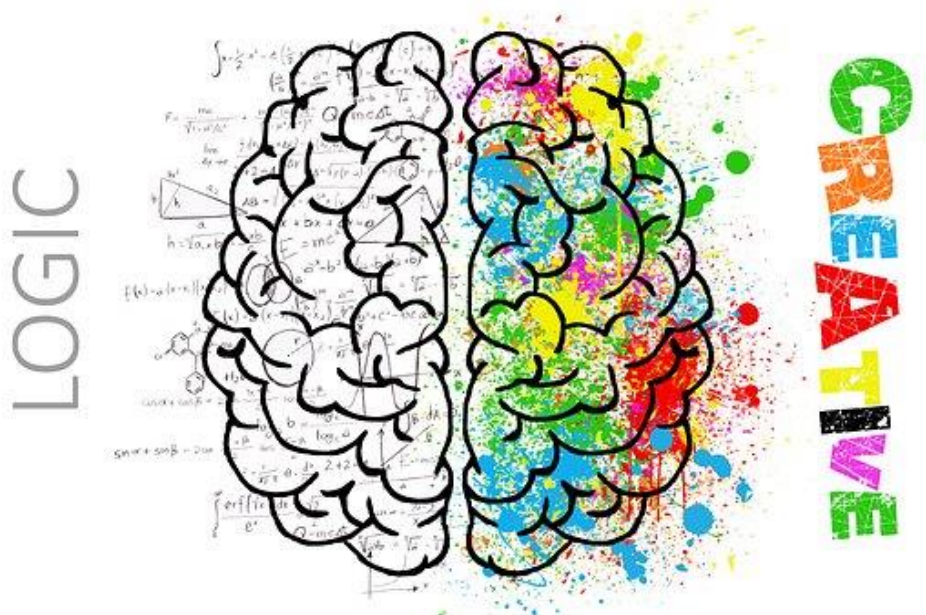
## Root The Requirement



**Ok, so before we talk about how this works, I shall firstly, **WHY** this method does have some credibility:**

**Ok, so we know that the mind look for a trigger to recall a memory.**

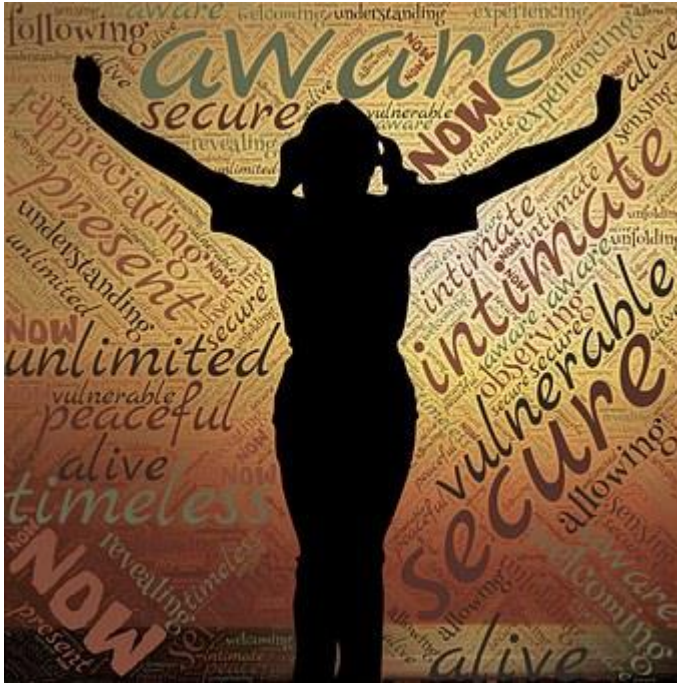
**We can trigger a state in the ASD mind to recall a time when there was confidence felt using what has been previously used as an NLP trick. (That's neuro linguistic programming. We use this when we want to literally programme the subconscious mind to behave in a certain way.)**



**We use these triggers to call upon certain states when they are required. So, during my years of researching into methods to help Autistic children 'learn' the skills that they appeared to lack, this is what I discovered;**

**When our teenagers, whether they are ASD, stressed, depressed, anxious and they need to be in a state of confidence, self-esteem, strength, empowerment and self-belief, they can find a state they can recall within themselves and attach that state and recall it, not when there is a suitable external trigger but when they need it.**



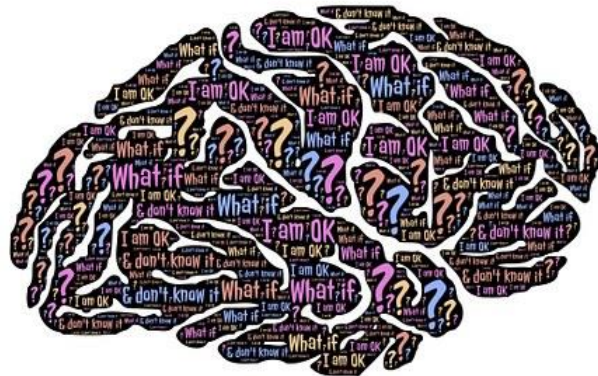


**Chances are that Autism is not one single condition but is based on a variety of disorders which have similar traits.**

**In other words, there is no one condition that can be the difference between one person and the next, but rather a group of certain traits which cause the effects of Autism. If we think**

**about how we can teach our children using this idea, the possibilities of training them, seems less difficult.**

**This is something we bear in mind when we are dealing with the education of someone who has Autistic traits. For example, my son Jon was diagnosed with Autism at the age of 9. As he has grown up, I have concluded that the original diagnosis was incorrect. That doesn't mean to say that I believe he doesn't have Autism.**

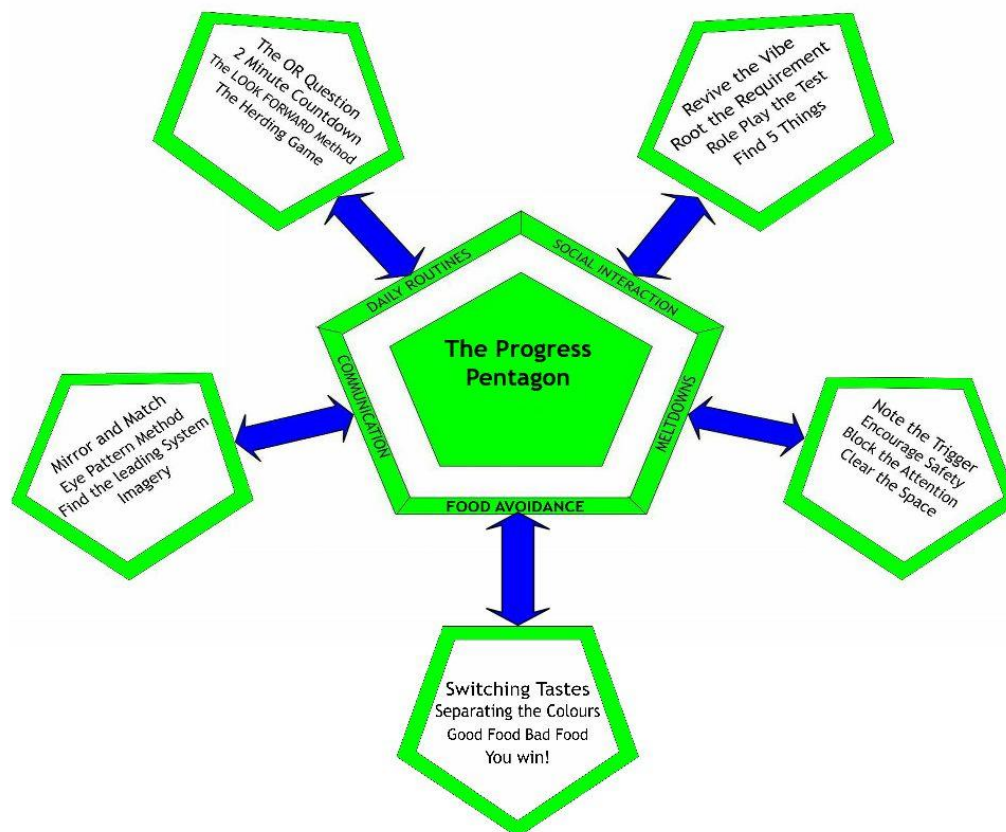


**What I do believe is that he has some traits of Autism along with some traits of other conditions. I also believe that this could be the same for thousands of other children who have received the same diagnosis. This is encouraging news for many parents, however, it makes the handling of the child, as a person more complicated and a lot less straight forward.**

# The Key

It is simple;

The Root the Requirement technique is a part of the **PP framework** (pictured below) which I am about to share with you. This is one of the key methods you will be able to use in almost any area of the day with your young person.



As I said before, this is an NLP method which I have revised for the purposes of working with children with ASD.

It is something I have used for myself, for Jon, and taught anyone who wants to use this method to bring about certain feelings and actions when they need to generate them quickly.

## **SO, LET'S GET STARTED WITH THE EXERCISE NOW**

**So, try this at home or where ever you are now. Try it on yourself at first before trying it with your child as practise is the key here.**



### **REVIVE THE VIBE**

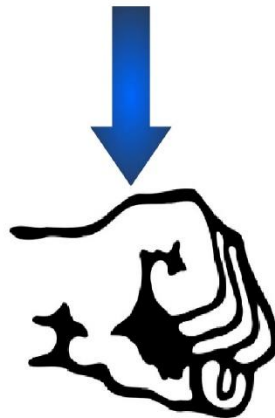
- 1. The brain thinks in pictures. Imagine a time in your past when you felt confident.**
- 2. Now bring that feeling of that very moment back into your consciousness right now. Feel it, I mean really feel it.**
- 3. Close your eyes and put yourself right back there, in the moment.**
- 4. What can you feel? What can you smell? What can you hear? What can you see?**
- 5. Feel that feeling of power build up in your mind, in your body.**



6. **Feel you generate that sense of being alive again, now think hard about how your body feels in the moment.**
7. **Did your heart race? Was there a surge of adrenaline racing through your veins? Did your hands sweat?**
8. **Did your head spin? Feel that feeling of being free!**

### **ROOT THE REQUIREMENT**

1. **Now press your finger on the knuckle on the opposite hand when that feel is truly surging through your body (like in the image shown here.)**



2. **Anchor that feeling on your knuckle and lift the finger away again when you feel the feeling die away.**

### **Now, here is the test;**

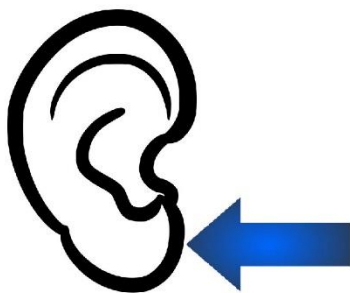
1. **Break away from that feeling for a moment.**
2. **This is what they call in NLP 'breaking state.'**
3. **Think of what you had for breakfast that morning.**
4. **Can you hear the birds outside singing?**
5. **Can you feel the wind on your face if you are outdoors right now?**
6. **What are you going to have for dinner today?**

7. **What shoes are you wearing and where did you get them from?**
8. **Can you remember the day you bought them?**
9. **Now touch the same knuckle again with your finger of your opposite hand and close your eyes.**
10. **Can you feel that powerful feeling rise up through your body again giving you all the confidence in the world?**
11. **You can? Good!**

## **PRACTISE PRACTISE PRACTISE!**

**But don't worry if you can't. It takes practise!**

**Training the mind is a skill. Think of another time you felt the state you want to feel again and use that on a different knuckle this time. You can use any part of your body to anchor the feeling (touch with your finger) but it needs to be a part of you, not your clothing.**



**You are anchoring the feeling to a part of your body like your foot or your knee, shoulder and so on.**

**Some people like to use their ear lobes (as pictured) to squeeze to anchor a feeling they want to**

**lock on to for situations in the future when they will need to feel that state quickly.**

**Perhaps for a job interview or having to meet someone new.**

**If we can use these states to anchor our feelings, then we can help our children anchor states when they need them in the future to help them get through difficult situations.**

**This takes practise but don't give up. Never give up.**

Even when you think you're sinking, push up again to feel that air surround your face so you can take a deep, quick gulp of air before you sink back down again.

Eventually, you will find the strength again to keep paddling.

Paddling turns into swimming and before you know it, you are at the shoreline again.

Safe. Warm, relieved, alive.

**It you want to know more about the 'HOW TO' KITS From The Mentoring Hub, then check out <http://www.mentoring-hub.com> for more downloads!**



**In the series, there are HOW TO Autism kits on the following:**

**How to Manage Food Intolerances Kit**

**How to be happier parenting Autism Kit**

**How to Manage an Activity Change Kit**

**How to Manage your child in a crowded place Kit**

**How to Master Meltdowns Kit**

**How to Teach Your Child to do Just About Anything Kit**

**The 1 Step to Managing Demand Avoidance Kit**

**How to Manage Interruption Anger Kit**

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use 'MASTER KIT' in the subject line.**

**Bye for now!**

**Michelle**

**Thank you for reading!**



