

META4KIDS LITERARY COLLECTION

Communication 4 Kids



INTERACTIVE

EBOOK STORIES

meta4kids



**CREATOR AND AUTHOR
STUART WALTER**

Thank you for your interest in Meta4Kids. I am Stuart Walter, the Creator and Author of the Meta4Kids stories.

Many people come to this site because of the results they have heard of and many parents are still sceptical. I understand this and I have to agree with you that as a parent you want the best for your kids and you also want to protect them.

So... promises of stopping bedwetting with a story seem too way out to grasp?

I was sceptical initially with this concept and the results initially had me and my fellow professionals spinning.

I have been creating these processes with my son since he was 18 months old and the results have been great! In fact most of the Meta4Kids stories have been created around our lives and experiences. I can assure you that the Meta4Kids stories are safe and do produce the results we say. The results are amazing and still blow my mind!

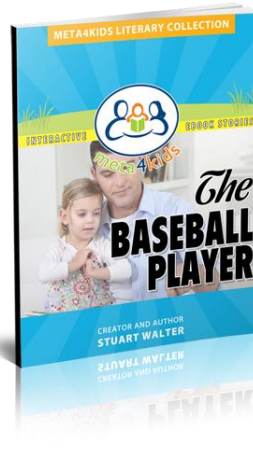
At the age of 8 now, my son still asks for stories as he goes to sleep. This is how the new stories are continually being created.



To give you an idea of the power of words and gestures and the Meta4Kids stories, please take the time to read how the stories were created. Have the tissues handy because this is amazing and even typing this I can feel the emotion building!

It was during my training as a hypnotherapist that I learnt the best way to find solutions for childrens' issues. Kids are always in a trance, they soak things up so quickly and love reading stories and having stories read to them.

During the following months I was travelling with my family around Australia when I met a family in an adjoining caravan. The mother had stopped smoking with hypnotherapy a few weeks earlier and as we chatted about hypnotherapy she mentioned that her son was angry due to a 'blockage' in his bottom, with previous toilet visits involving discomfort, pain and blood. As a result, he was consciously avoiding going to the toilet and wider behavioural changes were a consequence of this toileting avoidance. His worried mother asked if there was anything I could do and with this. I had this concept in my head since my training, and set out to develop a story, 'The Baseball Player', which I then gave to her. The following day the mother came to me with an amazed look on her face... her son (then 3 1/2) had gone to the toilet and there was no comment of pain and everything was back to normal. The Meta4Kids concept was born.



It was only a few minutes later as she was marvelling at how simple and efficient the Meta4Kids story was in resolving toileting issues that another opportunity arose. The mother turned to her son and asked if he wanted to go for a swim... the response... **"Don't let me die mummy! Don't let me die!"**

This response hit my heart and having a son at 18 months at the time, it really got to me, so I had to do something.

Being fully aware of the intensity of his response, the mother provided me with the background. For the past 18 months her son could not have his face splashed with water, no hair washing and no swimming. At the age of 18 months, he had slipped into the pool and nearly drowned during a swimming lesson and the long-term results were intense to say the least. With my heart in my mouth and tear in my eye (thinking about this and my own son), I created the second story Fly and Be Free and I delivered this to Mum.

The following day as we returned to the caravan after a day out, we passed our neighbours walking back from the swimming pool. A look of amazement on Mum's face, followed by a shrug of the shoulders and a smile as her son excitedly told me a story of how "we just went swimming and I dived under the water and splashed and... and... it was soo much fun!"



Harnessing this love of storytelling and the natural intuitive nature of children, I set out to convert this result and my knowledge into a collection of stories that parents could read and deliver to recreate the same success for their children.

To give you an idea of the power of words with children and to ease you into the Meta4Kids stories (because I believe every parent needs them) you also need to be very comfortable with how and why they work so well.

We... the parents lead by example. We scream and shout and we give permission for our children to scream and shout. This alone is enough to change our actions... hopefully.

You can't have an argument if only 1 person is shouting... be calm you will get calm from them. We are all a product of our environment and we have to be very conscious of what we do and say because they are listening and watching.

We smack or hit them and we give them belief that it is OK to hit, and approval to also hit us or others.

Swear and that's right... expect them to swear.

Like attracts like... positive attracts positive... angry attracts angry!

I sharpen my communication skills by taking time out to sit and observe people in various situations, in the shops, restaurants and social environments. What is interesting is what I said before; well-behaved kids have attentive and well-mannered parents. The same goes for the kids running around and screaming, finding a parent that even looks like they are concerned is difficult.

If you do not take the time to listen to kids... do you really expect them to listen to you?

An interesting piece of information that has always stuck with me is that 'We do not learn, all we do is remember' and when you think about this, it is true. We remember a song, we remember a book, we remember what we were told. Children will remember what they see and hear and will model that behaviour.

Just like you have become your parents in some ways... what do you see in your children?

Change your actions and behaviours and surprisingly they change. It really is not that difficult, we have all seen overweight parents in the shops and guess what... they have overweight kids!

Become the change you wish to see in your kids. How do you want them to grow up? Be the role model and you will find your world will begin to change as a result.

The unconscious mind does not understand the word DON'T or DO NOT.

DON'T think of a red hammer! What did you think of? Now in context with kids:

Don't run around the house.

Don't run on the road.

Don't run so fast, you will fall over and Don't come crying to me, when you do!

(So what you have said is "run fast, fall over and come crying, when you do")

Focus on what you want... not what your don't want. At this time you may ask what do I say? What do you want them to do?

Walk around the house.

Stay on the grass.

Have fun running.

And a really great thing to do is say "STOP!"... and leave it at that.

When you would have said "STOP running around the house", in the past, their minds are programmed to respond to "STOP", it is what we call a 'pattern interrupt'. When you add on "running around the house" they RUN!

Test it and see the pause when you say "STOP!"... wait a second then "running around the house".

Just say "STOP!" and they wait for the next instruction, leave it 10 seconds and they forgot what they were doing! Or add in "STOP... walk around the house".

And yes you may thank me later!

Now these changes as a parent are not going to happen overnight, even now I find myself saying "STOP!" until I work the appropriate way to say something. All I am offering here is awareness and how much power we have in words and actions on our children.

Learn to communicate with your children, not talk at them. You will be amazed at how much YOU will learn. Set standards and boundaries... telling them stops the creative learning process.

For parents of bed wetters, Use the result as the question..."You are dry this morning aren't you?".

If yes, PRAISE THEM. If not... say, "that is great... tomorrow your MUSCLES will hold on really tight and ... YOU WILL WAKE UP DRY". (Increase the tone and it becomes an embedded direction in their minds) this alone has kept many children dry over the years!

Jill Wolff, QLD, March 21, 2011

*We have made a conscious effort to ask, "**were you dry last night?**" instead of "**did you wet the bed last night?**" And have found this little thing has lowered the number of times she wets the bed during the week.*

If you ask... "are you wet again?", guess what? They will be.

You may be surprised the reason children develop issues; I have questioned some that do it for attention! WHY? Because they only get attention when they are bad or naughty!!!

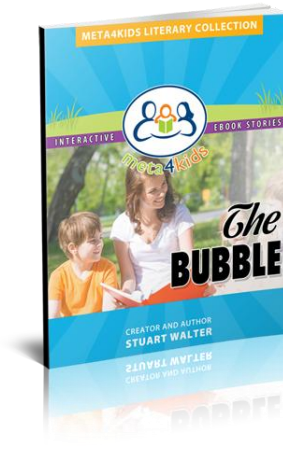
Praise them for being good, just like every person out there, if you get praised for doing something, you will do it again, and again...

The average age of the unconscious mind is 7 years, so we are no more mature than a child, deep down we are all about 7 years old!!! We all love stories, and after all this is what a Metaphor is... a story.

The Meta4Kids stories are based on our 'Meta' programs we run in our minds, they are our 'model of the world' and everyone is different.

Within the Meta4Kids stories, the children absorb themselves into a story, they allow their minds to find the 'root cause' of the behaviour and just as easy as they created the issue, they can solve it.

If I can recommend any story for you to start with, 'The Bubble' is a must for every parent and child. The Bubble is based on a process I created for myself to 'protect me' when working with my clients.



I really thank you for visiting the Meta4Kids website, I am sure that we will see you here again soon.

Take care and have a great day!

Stuart Walter

Creator and Author of Meta4Kids
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