

TOURETTE SYNDROME (TS)

A Practical Guide for Parents

Understanding today creates a more compassionate, confident and **supportive** tomorrow for our children



What Are Tics?

Tics are **involuntary** movements and sounds caused by a neurological condition.

Tics are **not** intentional.

Not all tics are words.

Examples:

- Eye blinking
- Shoulder/neck movements
- Throat clearing
- Sniffing, grunting, whistling, etc



Tics May Change

Tics may increase and decrease over time. Tics may change in frequency and intensity.

No two children with TS are alike.



TS Often Occurs With

- ADHD
- OCD
- Anxiety
- Depression
- Autism spectrum disorder
- Sleep disturbances



Remember

Your child is more than their tics. Focus on their strengths, interests and potential.

Connection builds confidence.



What Helps

- Stay calm & relaxed
- Show understanding & acceptance
- Create predictable routines
- Celebrate their strengths
- Educate family & friends



What Doesn't Help

- Telling to "stop"
- Punishing or scolding
- Drawing attention to tics
- Reacting with frustration
- Comparing them to others

Negativity increases tics & stress.



TS Is Not

- Not contagious
- Not a choice
- Not bad parenting
- Not a phase
- Not controllable

Let's build understanding.



YOUR SUPPORT MAKES A BIG DIFFERENCE.

Together, we can create awareness, help our children thrive and break the stigma.