

# 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.

### EXAMPLES:

- Eye blinking
- Shoulder/neck movements
- Troat 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.