GREAT CHART SCHOOL

Understanding TICS

Different Brains Brighter Futures

Tics are sudden, involuntary movements or sounds.
They are **common, not dangerous,** and do not mean a child is being naughty.

Be Understanding
Be Supportive
Make a Difference

Everyday Management at Home

Ignore the tics

Try not to draw attention to or react when a tic happens. Pointing them out can increase anxiety and make them worse.

Avoid punishment

Never tell your child off for a tic. Tics are completely involuntary movements or sounds.

Manage tiredness

Make sure your child gets plenty of sleep with a regular bedtime routine. Fatigue often makes tics worse.

Allow release time

Children often suppress tics while at school and may let them out safely at home in a relaxed environment.

Reduce stress

Help your child manage anxiety through relaxing activities, exercise or hobbies they enjoy.

School and Social Support

Talk to the school

Let us know about your child's tics so we can offer support, such as allowing short breaks or a quiet place to go if needed.



Build confidence

Reassure your child that tics are common, not dangerous, and nothing to feel embarrassed about.

Medical Treatments in the UK



GP assessment

Contact your NHS GP if tics cause pain, last a long time, or disrupt daily life.

Behavioural therapies

Specialist services may offer:

- **Comprehensive behavioural intervention for tics (CBiT)**
- Habit Reversal Therapy (HRT)
- Exposure and Response Prevention (ERP).

With the right support, children with tics can thrive!

KINDNESS ♥ UNDERSTANDING ♥ STRONGER TOGETHER ♥