

VARIETY OF TICS



Motor Tics

Eye blinking	Clapping	Lip pouting	Skipping	Chewing on clothes
Eye rolling	Pinching	Lip licking	Stepping backwards	Kicking
Head jerking	Shoulder shrug	Tongue Thrusting	Walking on toes	Pulling at clothes
Facial grimaces	Knee Knocking	Hair tossing	Twirling	Somersaults
Facial contortions	Leg jerks	Arm flexing	Knee bending	Body slamming
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Nose twitching	Stooping	Arm flapping	Foot tapping	Mouth stretching
Scratching	Jumping /Hopping	Abdominal jerking	Foot shaking	Smelling fingers
Kissing Gesture	Stomping things	Tearing things		
Hitting self	Finger tapping	Squatting	Foot dragging	
Facial contortions	Leg jerks	Arm flexing	Knee bending	Body slamming

Vocal Tics

Throat clearing	Snorting	Whistling	Barking	Throat clearing
Grunting	Squeaking	Hissing	Moaning	Grunting
Sniffing	Coughing	Laughing	Saying words	Sniffing
Belching	Humming	Screaming	Clicking	Belching
Spitting	Yelling	Yelping	Gasping	Spitting
Guttural sounds				

Complex Tics

Repeating phrases, words, parts of words; animal sounds; stuttering; amplitude of speech; muttering; Palilalia – Repeating one’s own words; Echolalia – Repeating other’s words; Coprolalia – using obscenities/socially taboo phrases.

How to support a young person with Tourette Syndrome

Be patient, calm and attentive.

Encourage them in their activities. Sport and creative hobbies are a positive way for them to use their energy, improve their focus and develop skills.

Tics are uncontrollable and a child or young person can feel embarrassed, frustrated or exhausted by them, therefore ignoring unharmful tics is advisable.

Explaining Tourette’s to others enables them to be more understanding and respectful but, in situations where this is not possible, it is important to just ignore their behaviour and focus on supporting your child.

Provide opportunity to learn relaxation and breathing techniques which may help them manage their anxiety levels in stressful situations.

Understand the school bullying policy in and the measures they will take to support your child’s needs specifically, which may include age-appropriate advice for other pupils and students.

During times of academic pressure (exams, applications) it may be necessary to provide special measures such as a separate room to take exams. This would allow the individual to have a calm environment and would not distract their peers if they did tic.

Video link

<https://www.youtube.com/watch?v=dpBIMB-0vuc>

Reference

<https://www.annafreud.org/resources/family-wellbeing/supporting-treatments/supporting-children-and-young-people-with-tourette-syndrome/>

