

# TICS & TOURETTE SYNDROME



## HELPFUL TERMS

**TICS** are involuntary, repetitive, movements and vocalizations

**MOTOR** tics can include movements and gestures

**PHOIC** or **VOCAL** tics can include noises, sounds, words, and phrases

Tics can further be classified as **SIMPLE** – appear sudden/brief and **COMPLEX** – often slower, more purposeful, occur out of contexts

### *Examples of Tics*

**SIMPLE MOTOR** – eye blinking, head shaking, face grimacing

**COMPLEX MOTOR** – touching, tapping, gesturing

**SIMPLE VOCAL** – throat clearing, sniffing, animal noises, squeaking

**COMPLEX VOCAL** – syllables, words, or phrases that occur out of context/are repetitive

**TICS** are often described as “waxing” and “waning” as they can change in type, intensity, and location over time

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## **Books**

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- I can't stop! A story about Tourette syndrome – *Niner, Holly*
- Taking Tourette syndrome to school – *Krueger, Tire*
- Tic talk: a 9 year old boy's true story about living with Tourette syndrome – *Peters, Dylan*
- Children with Tourette syndrome: a parent's guide – *Bethesda, MD*
- Kids in the syndrome mix of ADHD, LD, Asperger's, Tourette's, Bipolar & more: the one stop guide for parents, teacher's and other professionals – *Kutscher, Martin*
- Understanding Tourette syndrome: a handbook for families – *Tourette Syndrome Foundation of Canada*

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## **Websites**

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### **TOURETTE ASSOCIATION OF AMERICA**

- “*Tourette is part of me, but it doesn't define me*”
  - <https://tourette.org/about-tourette/overview/living-tourette-syndrome/children-with-tourette-0-12>
- *A Children's Guide to Tourette Syndrome (Tool Kit)*
  - <https://tourette.org/resource/childrens-guide-tourette-syndrome>
- *Webinars providing education about Tourette Syndrome*
  - <https://tourette.org/resources/taa-webinars/>
- *Tourette Resource Kits*
  - <https://tourette.org/resources/tourette-resources/>

### **TOURETTE CANADA**

- <https://tourette.ca/>
- Resource and Accommodation Information for School
  - [https://tourette.ca/uploads/File/ResourceLibraryDocuments/Tourette Canada Fact Sheets Classroom Accommodations.pdf](https://tourette.ca/uploads/File/ResourceLibraryDocuments/Tourette%20Canada%20Fact%20Sheets%20Classroom%20Accommodations.pdf)

### **TOURETTE OTTAWA (LOCAL CHAPTER)**

- <https://tsottawa.com/>