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Tourette Syndrome • OCD • ADHD
Sensory • ODD • IED/ 'Rage'

Publishing:

*Nix Your Tics! Eliminate Unwanted Tic Symptoms:
A How-To Guide for Young People*

A TS/ADHD/OCD Child's **Bill of Rights**

☺ “Help me to focus”. Please teach me through my sense of ‘touch’. I need ‘hands-on’ and body movement.

☺ “I need to know what comes next”. Please give me a structured environment where there is a dependable routine. Give me advanced warning if there will be changes.

☺ “Wait for me, I’m still thinking”. Please allow me to go at my own pace. If I rush, I get confused and upset.

☺ “I’m stuck, I can’t do it”. Please offer me options for the problem-solving. I need to know the ‘detours’ when the road is blocked.

☺ “Is it right? I need to know NOW!”. Please give me rich and immediate feedback on how I’m doing.

☺ “I didn’t forget, I didn’t HEAR it in the first place”. Please give me directions one step at a time and ask me to say back what I think you said.

☺ “I didn’t know I WASN’T in my seat!”. Please remind me to stop, think, and act.

☺ “Am I almost done now?”. Please give me short work periods with short term goals.

☺ “What?”. Please don’t say, “I already TOLD you that!”. Tell me again in different words. Give me a signal. Draw me a symbol.

☺ “I know, it’s ALL wrong, isn’t it?”. Please give me praise for partial success. Reward me for self-improvement, not just for perfection.

☺ “But, why do I always get yelled at?”. Please catch me doing something RIGHT, and praise me for my specific positive behaviour. Remind me (and yourself) about my good points, when I’m having a bad day.

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