



Coping with Tourette Syndrome: A Workbook for Kids with Tic Disorders

Sandra Buffolano MA

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Tics are a fact of life for kids with Tourette Syndrome (TS) and related disorders. And for most kids, the symptoms of their disorder aren't even the most frustrating part-others' reactions can make children feel anxious and extremely self-conscious.

Coping with Tourette Syndrome includes forty activities to help kids with TS, obsessive compulsive disorder (OCD), or attention-deficit hyperactivity disorder (ADHD) understand, prepare for, and mask their tics. Kids will also learn how to best explain their tics to friends and curious strangers using humor, games, or brief scripts they have prepared.

The activities in this workbook address managing TS and related disorders in specific situations, such as at school, at the movies, when out to dinner, on special occasions, when visiting friends for sleepovers or parties, when taking tests, and in places of worship. After completing these exercises, kids with TS will have all the tools they need to handle their tics with confidence and grace in any situation.

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