

NAVIGATING PARENTHOOD: PRACTICAL GUIDANCE FOR SUPPORTING YOUR CHILD WITH TOURETTE SYNDROME (TS)

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AGENDA

Topics we will be covering

- Impact of TS (and co-occurring conditions) on child and family
- Taking care of yourself
- Empirically-based parenting strategies
- TS-specific parenting strategies

Topics we won't be covering

- School specific strategies/S04 plans/IEP
- Medications
- Empirically-based treatments

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IMPACT OF TS ON THE CHILD

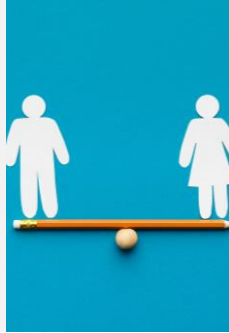
- Higher rates of:
 - Anxiety
 - Sadness/depression
 - Social isolation
- Lower self-confidence
- School and peer difficulties
- Mediated/moderated through co-occurring conditions



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IMPACT OF TS ON CAREGIVERS AND FAMILY

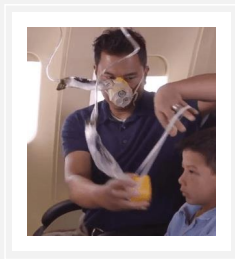
- Negative impacts include:
 - Increased parenting aggravation
 - Less positive parent-child communication
 - Disrupted family routines
 - Increased feelings of isolation
 - Increased anxiety about child's future
 - Increased parental guilt
- Mediated/moderated through co-occurring conditions



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TAKING CARE OF YOURSELF

- How to do it:
- Relaxation and enjoyment
 - To-do list
 - Social support
 - Walking away
 - Sharing the burden
- Why do it:
- Reduces stress and frustration
 - Increases self-competence



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EMPIRICALLY-SUPPORTED PARENTING STRATEGIES: MOTIVATION AND VALIDATION

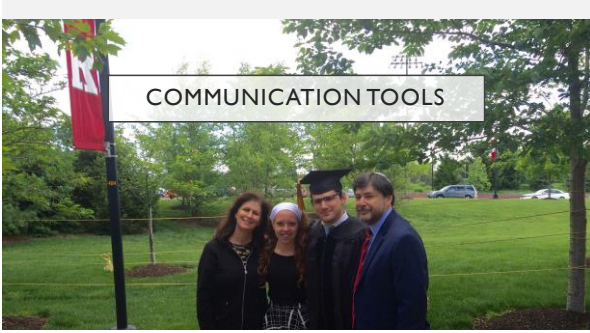


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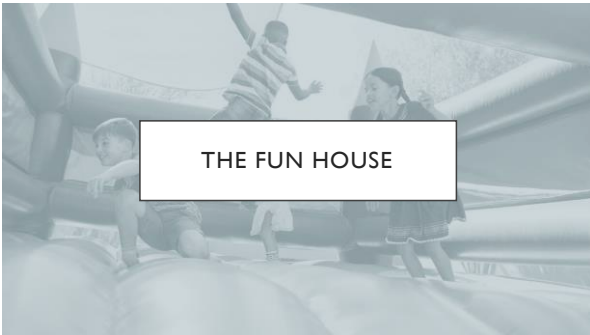
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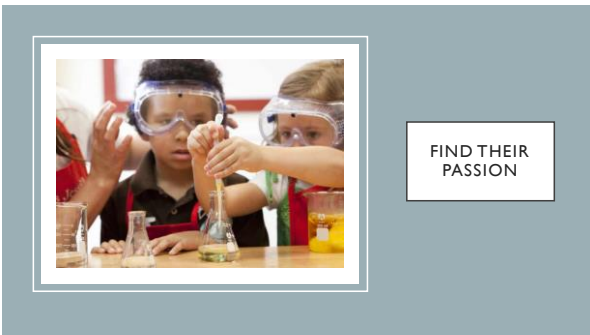
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SCHEDULING



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SCHOOL AND TREATMENT

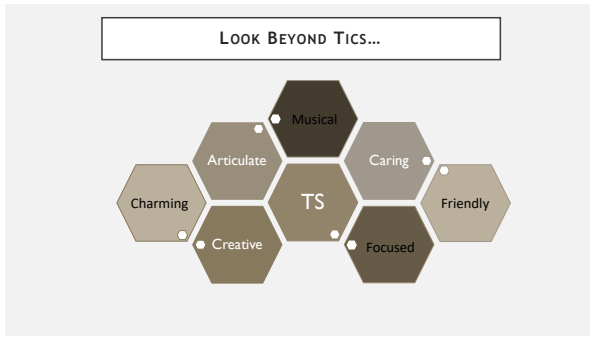
- School:
 - 504 plan and IEP
- Treatment:
 - CBIT
 - Medication
 - Social support

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MY SUMMER CAMP EXPERIENCE

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