EXPLORING LIFE WITH TOURETTE
FACING CHALLENGES AT HOME
Go away, John!

Your sniffing noises are always loud and annoying. I can't hear the TV!
No fighting, Seth! Go upstairs and start your homework.

Sorry, sweetie. You can watch TV until your tics calm down.
His tics are getting worse. I think we need to do something about this...
Look at these helpful resources from the Tourette Association. There are some great tips for us to try. They also have an information and referral team that can talk to us.

Our family needs some help managing our son's tics at home. Is there someone who can help?
Sniff  Sniff  Sniff

What did I tell you!?  Go away!
Seth, you know your brother can’t control his tics.

We have figured out that exercise seems to help you, John. Why don’t you two go play basketball until it’s time to start your homework?

Later that night...

Wow, things were a lot better tonight.

Maybe we should try some of those other strategies from Tourette.org.
This publication was supported by the Grant or Cooperative Agreement Number, NU58DD005375-02, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.