Tourette Association of America
Awareness. Research. Support.

Parent Quick Response Card

For moments when your child is overloaded, stuck, or their behavior is escalating

A SIMPLE 5-STEP RESPONSE SEQUENCE

1. **PAUSE**
   Check safety first. Do not assume intent while your child is overwhelmed.
2. **REDUCE**
   Lower unnecessary language, stimulation, attention, and nonessential demands.
3. **REGULATE**
   Offer familiar supports: quiet, movement, water/snack, sensory input, space, or a trusted person.
4. **CONNECT**
   Use a calm voice and simple validation. Connection makes later problem-solving easier.
5. **REVISIT**
   Teach, repair, problem-solve, or hold limits once your child can participate.

DO MORE OF THIS

- Use fewer words and a slower pace.
- Offer choices when choices are truly available.
- Protect safety and dignity.
- Ask later: “What helped?”

TRY TO AVOID THIS

- Long explanations or repeated “why” questions.
- Forcing eye contact, talking, or immediate apologies.
- Repeatedly calling attention to safe tics.
- Requiring tic suppression to participate.

REMEMBER...

Regulation is not the absence of limits. When a limit matters, protect safety and reduce overload first when possible, then return to the limit or skill once your child can use the skills you are asking for.

Questions? Please reach out to programs@tourette.org or call 888-486-8738