

Distract your child's focus from their tics





Use other activities to divert your child's attention

Avoid/reduce stressors that worsen tics





Do not criticize a child for tics

Assure your child that there's no reason for embarrassment





Inform close companions about your child's tics to avoid negative reactions

Communicate with teachers about the condition





 $Source: \ \underline{https://www.momjunction.com/articles/tics-on-child-types-causes-treatment-prevention\_00820694/$