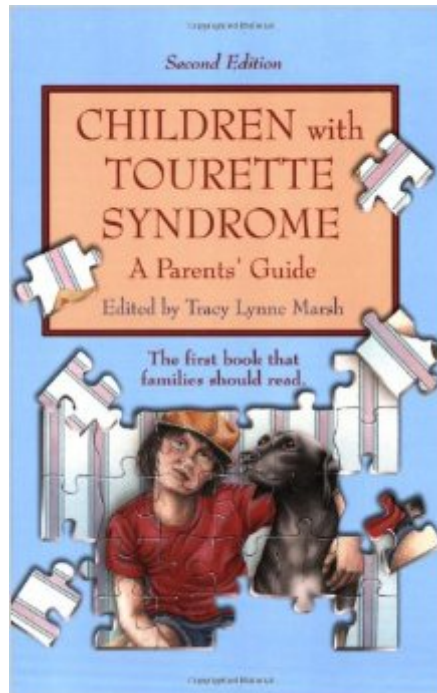


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# Children With Tourette Syndrome: A Parents' Guide



## Synopsis

When first published, this guide for parents of children and teens with Tourette syndrome (TS) was the only book to offer up-to-date information and advice for families. Now in an updated edition, *Children with Tourette Syndrome* offers even more. There's new information on the latest research and medical developments in the field, and sections on education, legal rights, family life, daily care, and emotional issues are thoroughly revised. Written by leading experts in the field and experienced parents, this guide provides an excellent blend of professional expertise and empathetic advice. Families with newly diagnosed children find answers to their most pressing questions about this often perplexing neurological disorder, as well as coping strategies and emotional support. The second edition includes new information about the effects of Tourette syndrome at different stages of development from childhood into adulthood. There's more on coexisting conditions such as obsessive-compulsive disorder, Asperger syndrome, and learning disabilities. The book also provides an overview of the biochemistry of TS, what to expect from a medical workup, as well as a discussion of more than 30 different drugs used to treat TS and related conditions. There are strategies for coping with many of the challenging characteristics of TS such as impulsivity, obsessive thoughts, attention and sleep problems, and difficulties with sensory integration. A new chapter on Habit Reversal Training (HRT) explains how this behavior intervention can help some people control tics. Parents find the latest on special education rights, and expanded information on how to design an appropriate education plan for their child. For families raising a child with TS, this comprehensive handbook gives them hope and relieves their sense of isolation. It's also essential reading for professionals and teachers who need to understand this complex disorder.

## Book Information

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## **Customer Reviews**

My 8-year-old son has ADHD, OCD and tic disorders (though not full-blown Tourette Syndrome). This book was an enormous help for me in understanding the tic disorder and also the ADHD and OCD which often co-occur with TS and tic disorders. It is written in a very easy to read, friendly, compassionate way. There is a lot of clear advice here. TS is complex and often misunderstood. The book helps you cope with and understand many of the related problems. It teaches acceptance, dealing with friends, relatives, schools, etc. It is a very thorough book. After reading it, I felt less helpless and more empowered to deal with these issues. The book talks about the importance of acknowledging your child's frustrations and feelings, which will help him to learn to share them more directly with you. For example, saying, "I know you're trying really hard, and it's frustrating when the other students can't seem to understand that you can't stop doing certain things." This book helps you to also empower your child, and to embrace what is special about him. It says, "If you believe in your child as an individual whose Tourette syndrome is only one aspect of her total being, your child will also be more likely to see herself as someone with abilities, rather than disabilities." I strongly recommend this book. It will help.

This is a compact little guide is packed with useful information both for parents and professionals. It is not cluttered with long narratives of people's "personal stories". While there is definitely a place for that approach, I needed a quick primer that would easily acquaint me with the full range of difficulties faced by a child with Tourette Syndrome as well as those faced by her parents. As a clinician, I needed to arm myself in a hurry with an understanding of the essential issues relevant to this population in order to manage a school crisis. It gave me everything I needed to effectively advocate for my young client and her parents. It is a quick read, informative and clear. The book humanizes TS and provides basic information about etiology, development, and treatment, medication, symptom management, and guidelines on how to interact with school staff. Suggestions for designing an effective educational plans, advocacy strategies, and a basic description of legal rights are also included. I recommend this book without hesitation.

My son has Tourettes. This was the first book that I bought when he was diagnosed and I found it to

be invaluable. It is a great resource for the parents of the newly diagnosed or even those who have been dealing with it for some time. The book lets you know what to expect and how to cope. A must have for anyone dealing with a special needs child with this disorder.

A compilation of articles by parents, doctors and educators, this book is a solid introduction for families who have one or more children with Tourettes Syndrome. At the end of each chapter is a collection of comments by parents on how they have learned to cope with TS, and their disappointments and triumphs

Fine intro text if you're just starting out on your TS journey. I came across it about a year after our child's diagnosis and by then I'd already run into all this information elsewhere and frankly, it doesn't go into much detail in a way that would have been really helpful. A far better resource is the recorded seminar for new families at the Tourette's Syndrome Association [...] You'll probably want to watch it a couple of times. I draw on that information constantly.

As a grandparent of a child diagnosed with TS, I found this book to be the most informative for the lay person. It touched on almost every question I had and had a great reference section for more in depth subjects. It was practical and helped with all the decisions you might have to make: how to pick a doctor, meds or not, handling child's social interactions, helping school set up a teaching plan, getting in touch with local and national support groups and organizations, etc. I was able to talk with his parents and understood what they were dealing with. They had to also confront their own feelings and appreciated being able to talk to someone who cared about them also.

I coordinate a program for middle school students where we do H.W. after school. One of our students this year has Tourette Syndrome (TS), which has to be frustrating to the student, his family, his friends, and his teachers. His mom gave me a copy of this book. It really shows me that every case of TS is different and may actually change a bit over time. Any educator who has a student with this disorder would benefit by read this book. It is probably a good idea even if the teacher does not have a student with TS. What happened was that in describing the symptoms, I realized that I probably had students with a mild version of TS in the past. If I had read the book, it might have helped me fit a piece into the puzzle. I am going to purchase 3 copies of this book, one for the library in my town, one for the library in the town I work in, and one for the library in the school where our H.W. Club meets.

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