CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Provisional tic disorder

Motor or vocal tics lasting less than one year. They are common in childhood and often go away on their own.

COMMON SIGNS

- Recent tics, less than a year old
- They come and go
- They increase with nerves or tiredness

TIPS FOR YOU

1. Don't pay attention to them or ask them to control them
2. Keep routines and good rest
3. Get help if they last or interfere

FOR FAMILY AND FRIENDS

1. Don't ask them to stop the tics
2. Keep sleep and rest routines

WHEN TO ASK FOR HELP

1. If they last more than a year
2. If they are very frequent or hurt them

TO OBSERVE AND NOTE DOWN

☐ Has started making repeated movements or sounds
☐ The tics appeared less than a year ago
☐ They come and go
☐ They increase with nerves or tiredness
☐ Can hold them back for a while
☐ They bother or embarrass them
☐ Other children have commented on them
☐ They interfere with their activities

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-tics-transitorio
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com