

**The CPRI Brake Shop Tic Management Group:**

# **Starving Those Tics of Attention!**



**There are four really good ways to starve a Tic:.**

- 1. Avoid the things and places those Tics like, when it makes sense to do so.**
  - If those Tics like crowds, then go to those places at times when it is quiet!
  - Adults: avoid high-stress activities, places or conversations when Tics are already being a nuisance!
- 2. Don't give those Tics so much attention when they are hanging around.**
  - Getting mad, embarrassed, crying, commenting, or laughing in response to Tics only keeps Tics interested in bugging you more!
  - Adults: excusing someone from a situation because Tics have increased, comforting someone every time the Tic appears, or telling someone to, "Stop!" also helps the TIC instead of the PERSON! Ignore tics when occurring.
- 3. Use strategies to keep those Tics from stressing you out.**
  - Use relaxation techniques like the breathing triangle – especially before bed!
  - Carry "Brake Shop" cards for easy explanations to strangers!
  - Adults: arrange seating to minimize noticeability and maximize safety (physical and/or emotional)

#### 4. Arrange your life so that those Tics can't cause as much trouble.

- A school presentation (doing one yourself, using a DVD, or asking the Brake Shop or your support group to talk to teachers) can decrease teasing and the stress of keeping a, 'big secret'!
- Adults: teach other family members, friends, schoolmates, or team-members to not react to tics and to have a good 'Poker Face'!

### Here are some simple rules to remember for starving Tics:

#### Don't do or say anything in reaction to a Tic:

- It is ok to make decisions that take your Tics into consideration, to plan aspects of your life to best manage your Tics, to ask questions about new Tics, to vent about the frustration of having Tics, or to rub your child's shoulders which may be sore from a particular Tic – **as long as you are not doing it in-the-moment.**

#### Don't allow a Tic to set the timetable:

- Whenever you change what you are doing or saying in-the-moment because of a Tic, you are acting on the **Tic's** schedule instead of your own. This gives Tics a lot of attention, and therefore grants them a great deal of power.

#### Focus on and talk about the Tic Blocker rather than the Tic:

- Whether you are a cheerleader or a person with Tics, putting all of your attention, praise, or observations onto the presence or absence of the **Tic Blocker** allows everyone to focus on Tic Management while still starving that Target Tic for the attention it craves!

#### Talk about non-Target Tics in general terms:

- For example, cheerleaders may notice a new Tic developing or an old Tic causing some pain or embarrassment, but rather than asking about or commenting on it specifically (s)he may instead ask a more broad question (**"Any new Tics you want me to help you work on this week?"**). That Tic is just waiting for you to call it by name so it can get stronger – so don't give it what it wants!