**CLINICAL PEARLS**

- Limited research suggests that magnesium and B6 supplementation may be of benefit in reduction of tics.

- Omega-III fatty acid supplementation is known to be helpful in ADHD, a common co-morbidity to tics.

- Iron supplementation may be helpful if a child has symptoms of restless leg syndrome, a similar “urge and release” neurological phenomenon to tics.

- Parental video of movements and tics in question is extremely helpful for both the pediatrician and the neurologist.

- Generally, younger children are not typically bothered by tics and do not usually require intervention.

- Habit reversal therapy can be considered as a form of cognitive behavioral therapy if the child is advanced enough to understand it (usually ~age 10).

- Counsel parents to avoid reprimanding children with tics. Fear, excitement, anxiety, stress, fatigue, and intercurrent illness all can transiently worsen tics.