

# Could a child in your school have PANS or PANDAS?

## Cognition and Learning

- **Dysgraphia**
- **Dyscalculia**
- **Sleep issues**
- **Brain fog**
- **Visual processing difficulties**
- **Working memory issues**
- **Auditory processing difficulties**

## Communication and Interaction

- **Regression in language use**
- **Onset of stuttering**
- **Regression of coping skills, social awareness, or social language skills**
- **Trouble with peers**
- **Reactivity**
- **Screaming and verbal outbursts**
- **Tantrums**
- **Suicidal language**

## Social, Emotional and Mental Health

- **Emotional and social regression**
- **Anxiety**
- **Panic attacks**
- **OCD**
- **Issues with regulating emotions**
- **Self-harm**
- **Suicidal thoughts**

## Sensory and Physical Needs

- **Tics**
- **Changes in fine and gross motor skills**
- **Sensory sensitivities**
- **Eating disorders**
- **Enuresis/urinary frequency**
- **Masking**



### **PANS (Paediatric Acute-onset Neuropsychiatric Syndrome)**

This is a neuropsychiatric condition which is triggered by a misdirected immune response.

### **PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections)**

PANDAS is a subset of PANS. Similarly, it is a neuropsychiatric condition which is triggered by a misdirected immune response to a streptococcal infection.

If you notice a **change** that has occurred in a child across multiple different areas of functioning then please think about PANS or PANDAS. Children do not need all of the symptoms. Early diagnosis and recognition is key. Parents/caregivers should consult with their GP. **For more information** go to [www.panspandasuk.org](http://www.panspandasuk.org) | Charity Number: 1178484

