

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

PANS and PANDAS in young children

OCD is a disorder that usually develops gradually. But sometimes OCD symptoms come on suddenly after a child has had an infection. This happens when the body's immune system mistakenly attacks healthy brain cells. **It's Called PANDAS or PANS**, depending on whether the triggering infection was strep (usually) or something else, like Lyme disease or the flu.

This week we explore the symptoms of PANS and PANDAS, which include not only severe OCD but eating restriction, tics, rage, and depression — in children as young as three or four— and how it's treated. We also look at when OCD is easy to miss **because it's not visible**, kids who are **plagued by "bad thoughts,"** and how to recognize **OCD in the classroom**.

– Caroline Miller, Editorial Director

It's Called PANDAS or PANS - https://childmind.org/article/pandas-and-pans-about-acute-onset-ocd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=pandas-and-pans-about-acute-onset-ocd

Because it's not Visible - https://childmind.org/article/mental-compulsions-and-pure-o-ocd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=mental-compulsions-and-pure-o-ocd

Plagued by "Bad Thoughts" - https://childmind.org/article/how-to-help-kids-worried-about-bad-thoughts/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=how-to-help-kids-worried-about-bad-thoughts

OCD in the Classroom - https://childmind.org/article/what-does-ocd-look-like-in-the-classroom/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=what-does-ocd-look-like-in-the-classroom

What are PANDAS and PANS?

When a child has sudden, severe OCD and other disturbing symptoms following an infection, usually strep.

https://childmind.org/article/pandas-and-pans-about-acute-onset-ocd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=pandas-and-pans-about-acute-onset-ocd

Complete Guide to PANS and PANDAS

Step-by-step information from diagnosis to treatment for kids with sudden onset OCD and other confusing symptoms.

https://childmind.org/guide/parents-guide-to-pans-and-pandas/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=parents-guide-to-pans-and-pandas

What Does OCD Look Like in the Classroom?

Signs that a child may be struggling with OCD, even if they are hiding their anxiety.

https://childmind.org/article/what-does-ocd-look-like-in-the-classroom/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=what-does-ocd-look-like-in-the-classroom

Mental Compulsions and “Pure O” OCD

Almost all kids with OCD experience compulsions, but some kinds are easy to miss.

https://childmind.org/article/mental-compulsions-and-pure-o-ocd/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=mental-compulsions-and-pure-o-ocd

How to Help Kids Worried About 'Bad Thoughts

Children sometimes feel guilty about disturbing thoughts and can't stop confessing.

https://childmind.org/article/how-to-help-kids-worried-about-bad-thoughts/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=how-to-help-kids-worried-about-bad-thoughts

When OCD Triggers Suicidal Thoughts

How a form of OCD can be mistaken for being suicidal.

https://childmind.org/article/ocd-and-suicide/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-03-07&utm_content=ocd-and-suicide

Shared information and Credit to "The Child Mind Institute".