

PANS/PANDAS Both describe a sudden change in a child's behaviour, emotions or motor skills following an infection or immune trigger

PANS stands for Paediatric Acute - Onset Neuropsychiatric Syndrome

PANDAS stands for Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections

Severe anxiety or separation anxiety that seems to appear overnight

Regression in handwriting, drawing

Restrictive eating or new food related difficulties

Sudden decline in academic /school performance

Sudden onset of OCD-like behaviours

Regression in toilet skills

Joint or body pain

Nightmares

Sleep difficulties (Falling asleep, staying asleep)

Food restriction

Sudden changes you might notice

Tics or jerky movements (eye blinking, vocal sounds, shoulder shrugging)

Emotional outbursts

Trouble focusing

Increased aggression or emotional outbursts

Irritability



What triggers it?

- Often linked to strep throat or other infections (PANDAS)
- The body's immune system mistakenly attacks parts of the brain that controls behaviour, emotion and movement
- PANS can be triggered by other infections, viruses, inflammation or environmental factors