

Some facts...

1. Essential tremor is considered as one of the most common neurological movement disorders.
2. Essential tremor affects over one million people in the UK, 10-million in the USA and millions more worldwide.
3. Essential tremor is a progressive neurological disorder.
4. At least 5% of all cases of essential tremor are in childhood.
5. It is estimated that 60% of all cases are inherited.
6. Essential tremor is often confused with Parkinson's.
7. Essential tremor is estimated to be 8–10 times more common than Parkinson's.
8. Stress and anxiety can worsen the condition.

Further support

For further advice and support, please go to tremor.org.uk/children

Donations

The work of the NTF depends solely on funding raised by donations.

If you would like to make a contribution please go to tremor.org.uk/donate

Find out more

Scan our QR code to find out more about children with essential tremor.



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Neurological movement disorder Essential Tremor in children



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Who are we?

Over one million people in the United Kingdom suffer with a neurological tremor of some type. For many, tremor impacts intrusively into their daily activities. The foundation is a charity dedicated to people with tremors – its mission is to provide advice, support, publish information and promote research.

The NTF was first brought to the UK from the USA in 1992 as part of the International Tremor Foundation and in 1994 became a registered charity in its own right.

Misguided beliefs and a lack of awareness mean that many people with this condition never seek medical care though most would benefit from treatment.

For more about the NTF go to tremor.org.uk/about-us



Essential tremor in children

Essential tremor is often thought of as an adult-onset condition. However, it can start in early childhood. Mainly involving the hands and there is often a family history of tremor.

Signs and symptoms

Common signs include:

- A visible, mild to severe shaking of the hands, head, arms, legs or trunk.
- Poor, shaky handwriting that does not improve.
- A worsening of tremor when tired, hungry, stressed or anxious.

The hand tremor can lead to difficulty with:

- Tying shoe laces, buttoning shirts, blouses, and coats
- Eating and drinking without spilling
- Writing legibly
- Drawing and painting
- Playing a musical instrument
- Tracing or colouring within the lines
- Playing with toys that contain small pieces.

Outlook

Very little is known about the treatment of essential tremor in childhood but it is helpful to be open about the condition, to discuss it and to have a common sense open approach.

Children will often cope better than adults until school age when they can face a variety of problems such as writing, school meal times and comments from peers, may cause anxiety and embarrassment.

Treatment

Treatments depend on accurate diagnosis as to the cause of tremor.

We advise you visit the website regularly for updates.

For more informations go to tremor.org.uk/children

