

The letter below was written by a PANDAS Network volunteer/PANDAS parent. It is an example of a letter a parent may send to a teacher informing them of their child's PANDAS. This is written for a child that is attending school while in an exacerbation and is still suffering from symptoms. It is written without too many details of the actual disorder itself in order to keep it concise. It also written assuming you will have a face to face meeting where you can discuss symptoms in more detail, discuss severity, and determine ways you can make the school year go smooth. Obviously, edit and personalize this as you see fit. It is only an example. I will refer to the child as Chris for this letter.

### Letter to School while in PANDAS Exacerbation

Mr/Mrs. \_\_\_\_\_,

My child, Chris, will be in your class this year. Before the year starts, I wanted to take a moment to send some information out about an autoimmune disorder Chris has. This disorder is called PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep). PANDAS has been referred to as Rheumatic Fever of the brain. When a child has PANDAS, there is an autoimmune reaction that occurs as a result of a strep infection. The reaction varies child to child but may cause tics, OCD, separation anxiety, sensory issues, ODD (oppositional defiance disorder), change in handwriting and math skills, ADHD, and more. Even once the infection is cleared, it will take a while for the symptoms to subside.

Currently, we are working on getting Chris's PANDAS better. This can be a long process. Chris still exhibits (list main symptoms here). I ask that you find patience and understanding as we attempt to fight this disorder and find remission. Our ultimate goal is to be symptom free. If you are concerned about any new behaviors you may see surfacing, please don't hesitate to let me know. It is best to err on the side of caution and allow us to determine if we need to see the doctor. Also, if you witness any improvement and breakthroughs, I would love to hear those too! I ask, if you should ever be diagnosed with strep during the school year to please let me know.

I would like to set up a face to face meeting with you to discuss this further, provide you with papers that may help explain the disorder more as how it relates to my child, and to answer any questions you and I may have. Please remember that Chris is like any other child, he/she just happens to have an autoimmune disorder that may affect movement and/or behavior. Rest assure that PANDAS is not contagious. No one in the school can catch this from my child. I am simply asking you to be part of our "team" in getting Chris healthy and well. You are an integral part of his/her life and I appreciate your help.

An informative website on PANDAS that you may want to look at prior to our meeting is [www.pandasnetwork.org](http://www.pandasnetwork.org).

Thank you for your time and understanding. I look forward to hearing from you and scheduling a meeting.

Sincerely,

Name

Email, phone