



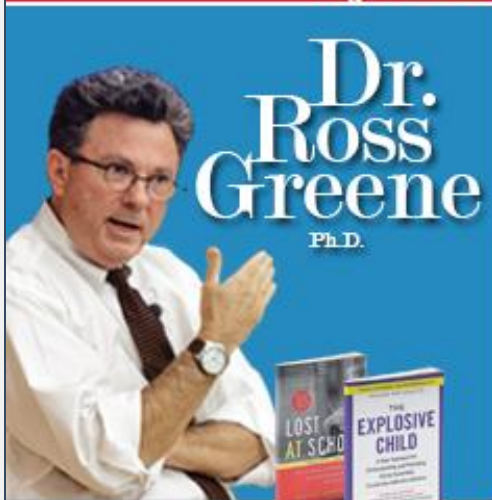
# Rifka Schonfeld STRATEGIES

THE NEWSLETTER FOR OPTIMUM SUCCESS

TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

## PANDAS: NOT JUST BEARS IN CHINA?

*Rifka Schonfeld Presents*



### RETHINKING CHALLENGING BEHAVIORS

OF  
CHILDREN | TEENS | ADULTS

TUESDAY

# NOV. 14. 2017

8:30AM-4:30PM



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Dear Readers,  
This week's newsletter includes a question and answer on the topic of PANDAS.

Rifka Schonfeld  
STRATEGIES

QUESTION:

My daughter was recently diagnosed

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*Rifka Schonfeld*  
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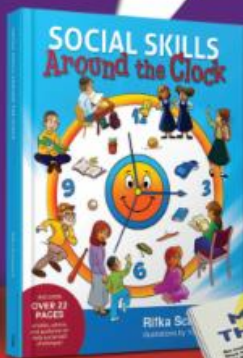
## **SOCIAL SKILL COACHING**

Stresses and anxieties related to social skills are among the most compelling components affecting both the success and the contentment of children. Klal Yisrael is therefore fortunate to have these matters presented so effectively by renowned expert, Mrs. Rifka Schonfeld. She has produced yet another resource to provide guidance in vital areas of interpersonal skills in the spirit of a genuine Torah perspective.

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**6 WEEK SOCIAL SKILL  
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The first half of the book, has cartoon characters on one side of the page being disagreeable/ unhappy/ afraid and on the corresponding page the problems are solved. This helps the children understand the situation in a colorful fun way and then work on the solution.

The second half of the book is a guide for parents, teachers and therapists, with tips for successfully addressing the issues in the first half.

Children will enjoy reading this book with Mom and Dad, because it is a fun way to bring home important life points.

**NAOMI MAUER**  
Publisher, The Jewish Press.

  
*Rifka Schonfeld*

*Schedule  
today!*

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with PANDAS. My pediatrician explained that it is something that creates anxiety if there is undiagnosed strep. I don't totally understand the concept and I was wondering if you could explain this. Thank you.

*Rifka Schonfeld*  
**STRATEGIES**

**ANSWER:**

In the past few decades, more research on Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) has given us a better understanding of certain manifestations of OCD. Let me start by explaining what PANDAS is: children with PANDAS act the way many children with OCD do, but these symptoms are usually abruptly occur. Parents describe them as developing "overnight" and these symptoms are generally preceded by a strep throat infection.

Researchers believe that the antibodies that children's bodies build up in order to fight the strep infection begin to attack other parts of the children's bodies once the infection is gone. While still a bit unclear, researchers believe that these antibodies to strep can wreak havoc

in the body, causing OCD and tic formation.

The test for PANDAS is actually a medical diagnosis and not every child who has OCD or tics has PANDAS. That said, if your pediatrician runs a blood test for PANDAS, there are two courses of treatment that are recommended: a long-run of antibiotics to reduce the antibodies and cognitive behavioral therapy to minimize the symptoms of OCD.

**NEW!**

**A NEW SOCIAL SKILL WORKBOOK FOR ADULTS & TEENS**  
by Rifka Schonfeld

**Social Success Dynamics**  
A Social Skills Workbook  
By Rifka Schonfeld

**FOR TEENS & ADULTS**

**Self Esteem Quiz**

**What Kind of Worrier Are You?**

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