Essential tremors (ET) are often stigmatized as a disorder of the elderly and is overlooked in children. Its common in males with a mean age of onset being 8.8 years with a high familial preponderance [2]. It is known to cause difficulty in writing, problems controlling utensils such as fork and become exaggerated during stress [3]. Hands are often more affected than other parts of the body and is not associated with any known pathology. Retrospective studies have indicated that only a quarter of children visit a neurologist for pharmacotherapy, propranolol being effective in 50% of children [4]. Prevalence of ET in a study done on adults in Kolkata was 3.95 per 1000 [5]. Other causes of tremors such as dystonic, cerebellar, postural and psychogenic need to be differentiated form ET. Rate and accuracy in writing are crucial to success in examinations and accommodations such as extra time, writer and improve legibility and a good written expression. It boosts the self-esteem of the child and allows him to explore his potential in academics.

Acknowledgements: Dr Mamta Manglani, Dr. Sandhya Kamath and Ms. Anagha Affreddy.

Mona P GaJre and SamIr H Dalwai,
Learning Disability Clinic,
Division of Pediatric Neurology and Epilepsy,
Department of Pediatrics, LTMMC and LTMGH,
Sion, Mumbai, Maharashatra.
monapote@yahoo.co.in

REFERENCES