

Sources and scope

These draft handouts pair medical definitions with practical support suggestions and possible family experiences. Support suggestions are not diagnostic criteria. No independent clinical review has yet been completed. A first-person page should be personalized rather than assumed to describe every child.

NIMH: PANS and PANDAS: Questions and Answers (2025). Medical definitions, symptom patterns, evaluation, and diagnostic limitations. <https://www.nimh.nih.gov/health/publications/pandas>

American Academy of Pediatrics: PANS (2024). Clinical uncertainty, differential assessment, and the need for an evidence-based approach. <https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/pans-pediatric-acute-onset-neuropsychiatric-syndrome.aspx>

PANDAS Physicians Network: What is PANS/PANDAS? Definitions and clinical context. This specialist network and the AAP differ in some recommendations; no treatment regimen is prescribed by the flyers. <https://www.pandasppn.org/what-are-pans-pandas/>

U.S. Department of Transportation: Airline Passengers with Disabilities Bill of Rights. The preboarding paragraph applies to covered flights and an identified disability-related need for additional time or assistance; a diagnosis alone is not the criterion. <https://www.transportation.gov/airconsumer/disabilitybillofrights>

Communication, inclusion, breaks, and advance planning are suggested approaches to discuss with the child, caregiver, and responsible professional. Follow individualized plans and relevant clinical or safety protocols. The kit does not replace assessment, authorize medication, certify a disability, or guarantee a particular accommodation.

Before wider distribution: review medical wording with a qualified clinician; review school and travel statements for the intended setting; confirm the child's privacy preferences; add a stable public destination and tested QR code; finalize the artwork and ownership record.