

Supplementary table 1: exclusion criteria

Exclusion criteria
<ul style="list-style-type: none"><li>- abnormal neurological examination apart from tremor;</li><li>- family or personal history of neurological diseases such as Parkinson's disease or other degenerative parkinsonian syndrome, cerebellar ataxia, multiple sclerosis or WILSON's disease or personal history of stroke;</li><li>- family or personal history of dysthyroidism;</li><li>- delay in overall psychomotor or motor development;</li><li>- potentially tremor-inducing medication;</li><li>- known poisoning by heavy metals, bismuth, mercury, methyl bromide;</li><li>- sudden onset of tremor;</li><li>- suspicion of psychogenic tremor;</li><li>- brain MRI abnormalities, or the absence of brain MRI for a patient with no family history of essential tremor.</li></ul>

Supplementary table 2: worsening and alleviating factors

	At referral	At last follow-up
<b>Worsening factors</b>	<b>100% (16/16)</b>	<b>93.3% (14/15)</b>
More than two worsening factors	31.3% (5/16)	28.6% (4/14)
Emotion	100% (12/12)	92% (12/13)
Stress	100% (15/15)	100% (14/14)
Concentration	9.1% (1/11)	10% (1/10)
Fatigue	75% (9/12)	72.7% (8/11)
Caffeine	0% (0/3)	0% (0/4)
Infection	11.1% (1/9)	11.1% (1/9)
Fasting	40% (4/10)	27.3% (3/11)
Physical activity	46.2% (6/13)	58.3% (7/12)
Tobacco	0% (0/2)	0% (0/2)
Medication <sup>1</sup>	11.1% (1/9)	0% (0/9)
Others <sup>2</sup>	11.1% (2/18)	0% (0/18)
<b>Alleviating factors</b>	<b>11.1% (2/18)</b>	<b>23.5% (4/17)</b>
Concentration	5.6% (1/18)	5.9% (1/17)
Alcohol	0% (0/5)	20% (1/5)
Medication <sup>3</sup>	11.1% (1/9)	27.3% (3/11)
Others	0% (0/18)	0% (0/18)

Qualitative data are presented as percentage (number of patients/number of patients with available data)

1: fluticason

2: prolonged writing (1); haste (1). The patients didn't know the effects of coffee, exciting substances, and tobacco on their tremor, or couldn't find a negative effect.

3: for all cases: propranolol

Supplementary table 3: Number of patients in the different subgroups of population

Sex	Male: 9; female: 9
Family history of tremor	Yes: 11; no: 7
Age at onset	≤6 years: 6; > 6 years: 12
Age at inclusion	≤13 years: 7; >13 years: 11
Disease duration (from onset)	≤5 years: 14; >5 years: 4

Supplementary table 4:

	Presence of a family history of tremor	
	Yes	No
<b>Patients</b>		
Number of patients	11	7
Age at onset (unknown for one patient)	6.91 ±3.67	5.83 ±3.49
Age at assessment	12.24 ±2.97	13.68 ±3.88
Sex distribution (% of males)	55	43
<b>Tremor characteristics</b>		
Course:		
Progressive	4	5
Static	1	1
Improvement	2	0
Not known	1	1
Distribution at onset: bilateral upper limb	100 (10/10)	100 (7/7)
Distribution at last assessment: bilateral upper limb	100 (9/9)	100 (7/7)
<b>Polymyography</b>		
Number of patients	11	6
Type of tremor:		
Postural or kinetic (%)	91 (10/11)	83 (5/6)
Rest (%)	0 (0/)	17 (1/6)
Associated with myoclonus (%)	45 (5/11)	33(2/6)
Mean frequency of tremor (Hz)	7.8 ±1.03	7.2 ±1.92
Mean duration of bursts (ms)	77.4 ±6.65	93.4 ±24.03
Weight (500g) persistence (%)	90 (9/10)	100 (4/4)
Mean frequency for tremor persisting with 500 g weight (Hz)	8.37±1.41	7.67 (n=3) ±1.25
<b>Consequences</b>		
Treatment proposition (%)	40 (4/10)	57 (4/7)
Fahn Tolosa Marin rating score	25.62 ±13.80	26.60 ±11.89
PedsQL score	82.14 ±9.96	74.56 ±14.76

Qualitative data are presented as percentage (number of patients/number of patients with available data). Quantitative data are presented as mean ± standard deviation. PedsQL: Pediatric Quality of Life inventory.

