



## Coping with Seizures in Children

Children with epilepsy may have seizures only once in a while, or they may have them every day. And though seizures can be scary for parents and caregivers, they aren't painful and are usually brief.

### What to Do If Your Child Has a Seizure

If your child shows signs of having a convulsive seizure:

- Stay calm.
- Make sure the child is breathing.
- Roll the child onto his or her side.
- Place the child on the ground in a safe area.
- Remove any nearby objects that the child might hit.
- Loosen any clothing around the child's head and neck.
- Remain with your child until the seizure is over.

Watch and be able to describe what happened before, during, and after the seizure.

### What Not to Do During and After a Seizure

- **Do not** try to restrain the child's movements.
- **Do not** put anything in the child's mouth.
- **Do not** wake the child if he or she falls asleep after the seizure.
- **Do not** give the child anything to eat or drink until he or she is awake and alert.

### Keeping Your Child Safe

- Develop a list of safety measures with your doctor to prevent injury to your child when he or she has a seizure.
- Carefully monitor activities such as swimming and bathing to keep your child safe in the case of a seizure.
- Inform other caretakers of your child's condition. Instruct them in how to respond to a seizure if it happens.
- If your child is on medication, make sure it is taken as prescribed.

#### Call 911 or emergency services if your child

- Has trouble breathing.
- Has bluish skin.
- Has a heart condition.
- Hurts himself during the seizure.
- Has a seizure that lasts more than 5 minutes.
- Has a seizure that seems different than usual.
- Remains unconscious, unresponsive, or confused for more than 5 minutes after the seizure.