

Tips for Parents

Lifestyle Factors

- Certain things may make seizures occur more easily. These are called “seizure triggers”. Some of these triggers, such as lack of sleep, forgetting to take your medicine, or drinking alcohol, can be avoided. Some of the triggers, such as getting sick or having your menstrual period, can’t be avoided – they are just part of life. In general, taking good care of the body can help to avoid some of the seizure triggers.
 - Eat 3 well-balanced meals every day.
 - Get regular exercise to keep the body healthy. Being involved in planned sports or any fun activities are good ways to get exercise. Talk with your doctor or nurse about taking part in physical activity.
 - Get a full night’s sleep. Children should get at least 10-12 hours of sleep each night. Teenagers should get at least 8-10 hours of sleep.
 - Avoid caffeine close to bedtime since this may make it harder to get a good night’s sleep. Remember that chocolate, many sodas, and anything made with coffee has caffeine in it.

- As your child gets older, help them to learn to take part in their own health care.
 - When your child is age 8, begin talking to him/her about the changes that will happen in clinic. Explain that doctors and nurses will start to ask him/her questions directly. This will allow your child to get comfortable answering questions while they have the “safety net” of a parent in the room.
 - Work with your child at home to take an active role in his/her care. Gently encourage independence, but know that it will take time.
 - When your child is 14, consider encouraging him/her to see the team independently for the majority of the visit. You can join your child and care providers at the end of the visit to review information and ask any questions or concerns you may have.