

Tips for Parents

Caring for Your Child During a Seizure

Care during a seizure is intended to keep your child safe and when necessary to stop a seizure. Most seizures stop on their own within 3 minutes. To keep your child safe during a seizure, take the following steps:

- Stay calm!
- Do not try to stop the movements. Your child may resist or even strike out.
- Clear the area around your child of any hard, sharp or hot objects. If walking around, gently lead your child away from dangers, such as doors or stairways.
- Place something flat and soft beneath your child's head.
- Do not try to put anything between your child's teeth.
- For a tonic-clonic seizure, gently roll your child onto one side until he/she is fully awake.
- Allow your child to rest if he/she is sleepy. Stay with your child until the seizure is over and your child can respond when you talk with him/her.

Most doctors prescribe a "rescue medicine" for seizures that occur frequently or last too long. Important things to know about the rescue medicine are:

- The name of the medicine
- How much to give
- When to give
- How to give
- What to do if your child's seizure continues after giving the rescue medicine.
- The rectal rescue medicine can sometimes be "pooped" out immediately after it is given. Ask your child's doctor or nurse what to do if this should happen.

CALL "9-1-1" if:

- the seizure lasts longer than 5 minutes or if you give rectal diazepam (Diastat®) and the seizure doesn't stop within 5 minutes of giving the Diastat®.
- your child has one seizure after another without waking up.
- your child appears bluish or gray after the seizure is over or seems to have problems breathing after the seizure is over.
- your child is injured during the seizure or the seizure occurred in the water.
- your child might be pregnant.

Be sure to record what your child did during the seizure, how she/he acted before and after the seizure, and how long the seizure lasted on the "Seizure Calendar." This information is very helpful to the doctor.

Seizures in the School:

- Talk with your child's school nurse and teacher about your child's seizures
- There should be a written seizure action plan that the school has in place for how to care for your child during a seizure. This plan should be developed with input from you and your child's doctor or nurse.
- Keep in mind that there may need to be a separate seizure action plan for the bus ride to and from school.
- Find out if the school personnel know how to administer the rescue medicine. Training can be arranged for them if they do not know how to do this.