

Epilepsy: Caring for Your Child During a Seizure

Epilepsy is a problem with the nervous system that causes seizures.

Seizures usually don't last very long, but they can be scary.

Learn what to do to help care for and protect your child when they're having a seizure.

This includes learning about: first aid, when to call the doctor, when to call 911, and how to care for your child after a seizure.

Learn details on rescue therapy including medicines and when and how much to give.

The goal of first aid for any seizure means staying calm and protecting your child from getting hurt such as easing them onto the floor, while protecting their head.

Don't try to hold them down or keep them from moving.

Remember, your child can't swallow their tongue during seizures. But they could choke on food, vomit, or an object in their mouth. So gently roll your child onto their side so that any fluid can leak out of their mouth.

Learn when you need emergency help.

You may need to call 911 if your child loses consciousness longer than 5 minutes, the seizure does not stop as it normally does or the seizures keep happening, and if your child has trouble breathing.

Be sure to call for help if your child hurts themselves during the seizure.

After the seizure, give your child any prescribed medicine and write down what happened.

Create a seizure action plan with your doctor.

A seizure action plan is your guide to helping you respond and care for your child.

Share your seizure action plan with your child's school, camp, day care, teachers, counselors, and care providers, friends, or parents of friends. This will help anyone who cares for your child to know exactly what to do during a seizure.

Before your child was diagnosed with epilepsy, you loved and cared for them in so many ways.

Learning what to do when your child has a seizure, and sharing an action plan with others, can give you the confidence and the knowledge that you can do this too.