

## What to Know About Your Child's Seizures

Caring for a child with seizures can feel scary and overwhelming. There are some important things you can do to prepare yourself so you can stay calm and help your child when the seizure happens.

As a caregiver, it's important to collect some important information about your child's seizures such as:

- What kind of seizures does your child have? (see "What are Seizures" handout)
- How often do the seizures happen?
- When should you give your child rescue medicine or take them to the hospital?
- Does your child need medicine to control the seizures?
  - What is the name of the medicine?
  - What is the medicine for?
  - How much should you give your child?
  - When should you give it to your child?
  - How does your child take the medicine? A shot? By mouth?
  - What side effects are important to watch for?
  - Does the medicine need to be name brand only or can it be generic?
- Which medicines or treatments has your child used in the past?
- What types of activities should your child avoid?

### Keeping a seizure journal/log

Keeping a log of your child's seizures is important to help the Neurologists know how to best treat your child. The log is also important for you to learn your child's seizure patterns and triggers, and what you need to do when your child has a seizure. This information can help you stay calm during the seizure.

Your log should always be handy and should include the following information:

- Date and time of the seizure
- What did the seizure look like (i.e., was your child shaking, staring, stiffening, etc.)?
- Was your child aware of what was happening during the seizure?
- How long did the seizure last?
- Did your child change colors or stop breathing during the seizure?
- Did your child need any emergency medicines or other interventions during the seizure?
- How long did it take your child to fully regain alertness following the seizure?
- Looking back, is there something your child was doing or experiencing that may have triggered a seizure?
  - Did your child miss any medicine?
  - Was your child sick or had a change in their health?
  - Has your child missed any sleep or had a change in their sleep pattern?
  - Has your child gained weight?
  - Has there been any non-prescribed medicine, recreational drug, or alcohol use?

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