

What can I do to help prevent seizures?

- **Keep a regular sleep schedule.** Sleep deprivation is a common trigger for seizures.
- **Always take anti-epileptic medications** consistently and as prescribed. If you believe your child is not tolerating their medication, reach out to your child's medical provider for guidance.
- **Visit the pediatrician promptly if your child is ill,** and treat fever promptly with medication. Children are at increased risk of seizures during periods of illness or fever.

What can I do to help my child stay healthy while living with epilepsy?

- **Encourage physical activity.** Limit your child's activity only if having a seizure during the activity would pose a special risk.
- **Practice water safety.** Your child is at higher risk for drowning if they have a seizure while in the water. Your child will need constant adult supervision when swimming, playing in or around water, or bathing.
- **Avoid heights.** Due to risks of falls, a child with seizures should not be allowed to climb or play on unprotected heights, such as trees, ledges, or tall playground equipment. As a general rule, do not allow a child to climb higher than their own height.
- **Talk with your child about how they feel.** Reach out to mental health providers for any concerns about fear, anxiety, or depression regarding their seizures or diagnosis.
- **Safety-proof your home.** If your child is prone to collapsing or falling during a seizure, make sure sharp edges and dangerous objects (such as stoves, fireplaces, and glass furniture) are covered, barricaded, or removed from the home.
- Always have your child **wear protective devices**—such as a helmet, knee pads, and elbow pads—when participating in physical activities that may result in a fall.
- **Ask your medical team for recommendations on community and school resources** for your children and family members.
- **Reach out to your child's school.** Discuss with your child's teachers, school nurses, and administrators any needs your child will have and how best to address them.
- **Have a current seizure action plan.** Give this to anyone watching your child or anyone who may have to provide rescue medications. This plan can inform caregivers and teachers of your child's health plan if your child has a seizure.

Living with Epilepsy

- **Talk to anyone watching your child** about the rescue plan, rescue medications, seizure first aid, and VNS magnet (if used).
- **Know and understand your child's rescue medications.** Always keep rescue medications with your child and educate anyone watching your child about their rescue plan.