

How to Care for Your Child during a Seizure

Most seizures stop on their own within 3 minutes. To keep your child safe during a seizure, follow these steps:

- Stay calm.
- Do not try to stop the movements.
- Clear any hard, sharp or hot objects from the area. If walking around, gently lead your child away from dangers, such as doors or stairs. Sudden movements may make your child resist or even strike out.
- Put something flat and soft under your child's head.
- Do not try to put anything in your child's mouth or between their teeth.
- For a tonic-clonic (convulsive) seizure, gently roll your child onto their left side until they are fully awake.
- Stay with your child until the seizure is over and your child can respond when you talk to them.
- Let your child rest if they are sleepy.

Sometimes a seizure must be stopped with a rescue medicine. Rescue medicines are often prescribed for seizures that happen often or last too long. You need to know these things about the rescue medicine:

- The name of the medicine.
- How much to give and when to give it.
- How to give it.
- What to do if your child's seizure does not stop after giving the medicine.
- A rectal rescue medicine may be pooped out right after it is given. Ask your child's doctor or nurse what to do if this happens.

CALL "9-1-1" if:

- The seizure lasts longer than 5 minutes.
- If a seizure doesn't stop within 5 minutes of giving a rectal rescue medicine.
- Your child has one seizure after another without waking up.
- Your child looks bluish or gray after the seizure is over.
- Your child has problems breathing after the seizure is over.
- Your child is hurt during the seizure or the seizure occurred in the water.
- Your child has a seizure and is, or might be pregnant.

Use the Seizure Calendar to record what your child did during the seizure, how they acted before and after the seizure, and how long the seizure lasted. This record is very helpful to the doctor.

This information was adapted from materials available through the Wisconsin Seizure Control Network.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.