

EPILEPSY AND CHILDREN

FACT SHEET



EPILEPSY AND SEIZURES FOR CHILDREN

Epilepsy is when the brain's messages sometimes get a little too busy and mixed up. This can make a person have a seizure.



Your brain is like the boss of your whole body. It sends messages to your body super-fast using tiny cells called neurons. This helps you do everything you need or want to do - like riding your bike, solving puzzles, and feeling excited before a fun activity or outing. That's your brain working.

What is epilepsy?

Epilepsy is a brain condition that causes seizures. They usually have to take medicine every day to stop the seizures happening.

What are seizures?



A seizure happens when the brain cells get really excited and the messages to the body get mixed up. Seizures don't happen very much.

Seizures are not all the same. There are lots of types of seizures and lots of different things that can happen with a seizure.

Some people might:

- Fall down and shake,
- Or stop and stare,
- Or look a bit confused for a little while.



Some seizures are super quick, and some last a bit longer. Mostly they are finished in less than two minutes. But don't worry:

- People with epilepsy don't have seizures all the time,
- The seizures stop by themselves,
- It's easy to help someone having a seizure,
- And you can't catch epilepsy from someone else.

When a seizure stops, the brain cells go back to working the right way again. But the person might be tired or sore and even feel like sleeping afterwards.

People who have seizures don't always remember what happened.

WHAT TO DO IF SOMEONE HAS A SEIZURE?



DO YOU KNOW WHAT TO DO?

If someone near you has a seizure:

- ✓ Try to stay calm. Don't be scared.
- ✓ Stay with them if you can.
- ✓ Make sure they're safe. Move any hard things away. Sometimes you can put something soft under their head, like your backpack or jumper.
- ✓ And ask someone to quickly get an adult.
- ✗ Don't put anything in their mouth.
- ✗ Don't try to stop their body from moving.

Most important things to remember if a seizure happens:

1. Stay with the person
2. Keep them safe
3. Get an adult

People with epilepsy take seizure medicine to help stop seizures from happening. It's also good to be healthy and try not to worry too much about things.

This means getting enough sleep, being calm, getting some exercise and eating good food, most of the time.

Watch this video

Animated Seizure First-Aid video for Children

