

### Following your child's first seizure

The chance of your child having another seizure is greatest in the three months following the first one.

During this time your child should:

- Only swim under the close supervision of an adult who can swim well.
- Shower instead of bathing unless supervised.
- Avoid activities involving heights.
- Avoid riding a bike on the road or in traffic and they should always wear a helmet.

Although many children never experience a second seizure, it is a good idea to be prepared for this happening:

- Have a plan for dealing with your child's seizures.
- Give families, caregivers and friends copies of this plan.

### First Aid for Convulsive Seizures

- STAY CALM and stay with your child
- Move any nearby objects out the way to prevent injuries. Protect the head by placing something soft underneath if available, e.g. jacket, towel.
- Time the length of the seizure with a watch/clock, if you can.
- Loosen anything tight around your child's neck.
- Do not hold your child down to restrain jerking arms and legs.
- Do not put anything into your child's mouth.
- When the seizure has stopped, roll your child onto their left side into the recovery position. Most children will be very drowsy afterwards and will need a quiet place where they can sleep and recover. Someone should stay with them until they are fully awake.
- If the seizure happens in a stroller, car seat or wheelchair leave your child seated if they are secure and safely strapped in. Hold their head gently. When the jerking stops, take your child out of the seat and place them on their left side into the recovery position.

### When to call an Ambulance – 111

- If the seizure lasts for more than 5 minutes.
- If your child has a further seizure before they have woken up from the first one.
- If your child has difficulty breathing after the seizure or remains unconscious.
- If your child is injured or hurt.
- If the seizure happens in the water.
- If your child does not seem to fully recover.

