

What to do when your child has a seizure

Pt label _____

Seizures lasting less than 5 minutes

- Move your child to a safe place. You may need to lay them down on the floor, or move furniture or sharp objects away from them.
- Start timing the seizure.
- Once the seizure has finished, place your child in the recovery position.
- Let your child rest and recover in a calm and quiet space until they are back to their normal self.
- Document on seizure activity chart or Phone App.
- Continue to watch for any further seizure activity.
- Communicate with medical team if instructed:

GP _____

Medical team _____

If the seizure lasts for longer than 5 minutes call 111 for an ambulance.

