









Remember that children sometimes do these things – like fall or act sleepy – even if they’re not having a seizure.

But trust your instincts when you see a child repeatedly move or act in unusual ways, or when a child reports unusual feelings again and again, over time. These movements, actions, or feelings may be signs of a seizure.



Babies or very young children sometimes have seizures that are harder to spot than older children. Some signs you might see in babies include:

- While sitting down, the baby suddenly jerks forward.
- While lying on her back, the baby suddenly grabs up at nothing with both arms while her knees jerk up.
- While sitting or lying down, the baby has a series of “jackknife” movements, bending at the waist.

“ Look for repetitive actions that seem unusual. This is often a sign that a child is having recurring seizures. ”



## What causes seizures in children?

More than 1 in every 100 children will have a seizure. Some causes of seizures in children include:

- A high fever
- An infection that goes to the brain
- A head injury
- Brain tumors
- Abnormal levels of sugar in the blood (as can happen with diabetes)

Just because a child has a seizure does not mean he has epilepsy. Only a doctor can make that diagnosis.

“

One of my students told me that she was worried about her friend who seemed confused and wasn't acting right for a few minutes. A few days later it happened again, and I saw it this time. I thought it might be a seizure, so I let her mom know.

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## What should I do if I think a child is having seizures?

**If you're a teacher** and you think a child in your class is having seizures, tell the child's parent.

**If you're a parent** and you think your child is having seizures, talk to your child's doctor. The doctor will ask questions about what seizure signs you see in your child and may run some tests.

If the doctor thinks your child is having seizures, he may refer you to a neurologist (brain doctor).

A neurologist can tell you whether your child has epilepsy. If your child does have epilepsy, the neurologist will probably give him medicine. This medicine can't cure epilepsy, but it can stop seizures from happening when taken the right way.





“I would be talking to my son, and he would blank out for a few seconds. This kept happening and I was concerned. So, I checked it out with my son’s doctor.”

## Why is early treatment for seizures important?

A child who doesn’t get timely treatment for seizures may:

- Have other types of seizures
- Have seizures that are hard to control
- Struggle in school
- Get hurt while having a seizure
- Have trouble relating to people who don’t understand his unusual actions or behavior

A child who gets treatment early in life has the best chance of a normal childhood and adult life.

## Why is it important to report when you think a child has had a seizure?

When you think a child has had a seizure, it’s important that he get a medical checkup and possible treatment (medicine) right away. You’ll also want to learn what to do if another seizure happens.

## Learn more, connect, and get involved.

Visit [www.epilepsy.com](http://www.epilepsy.com) or call 1-800-332-1000 to:

- Learn about tests that can tell if someone has epilepsy.
- Look up information about different types of seizures.
- Find the latest information on treatments
- Get safety tips for home, work, and school.



## Notes

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## About the Epilepsy Foundation

The Epilepsy Foundation, a national non-profit with 47 affiliated organizations throughout the United States, has led the fight against seizures since 1968. The Foundation is an unwavering ally for individuals and families impacted by epilepsy and seizures. The mission of the Epilepsy Foundation is to stop seizures and sudden unexpected death in epilepsy (SUDEP), find a cure and overcome the challenges created by epilepsy through efforts including education, advocacy and research to accelerate ideas into therapies. The Foundation works to ensure that people with seizures have the opportunity to live their lives to their fullest potential. **For additional information, please visit [www.epilepsy.com](http://www.epilepsy.com) or call us at 1.800.332.1000.**



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