



HOW CAN SEIZURES BE PREVENTED?

- Treat fevers early



- Keep up to date with vaccinations



- Follow your doctor's advice if your child has known epilepsy



QUICK FACTS / MYTH BUSTERS

- Myth: A child can swallow their tongue during a seizure.

Fact: This is not true—don't put anything in their mouth.

- Myth: Febrile seizures mean your child has epilepsy.

Fact: Most children with febrile seizures do not develop epilepsy.

When in doubt, reach out.

If your child has had a seizure or you're concerned about their health, please contact our practice for guidance and support.



Seizures in children

UNDERSTANDING
FEBRILE AND
NON-FEBRILE
SEIZURES



WHAT IS A SEIZURE?

A seizure happens when there's sudden, abnormal electrical activity in the brain. It can cause the body to jerk, stiffen, or become unresponsive for a short time. Seizures can be scary—but not all are dangerous.

And a FEBRILE Seizure?

Febrile seizures are convulsions triggered by a fever (usually above 38°C), typically in children between 6 months and 5 years old. They are common and usually harmless.

Causes

- ⚡ Febrile seizures – triggered by sudden fever
- ⚡ Epilepsy
- ⚡ Infections like meningitis
- ⚡ Head injury
- ⚡ Low blood sugar

SIGNS OF A SEIZURE

- Body stiffening or jerking
- Rolling eyes or staring into space
- Loss of consciousness
- Frothing at the mouth
- Unresponsiveness
- Confusion after the event
- With febrile seizures: usually brief (less than 5 minutes) and happen with a fever



WHAT CAN I DO IF MY CHILD HAS A SEIZURE AT HOME?

- Stay calm and note the time
- Lay your child on their side in a safe space
- Do not put anything in their mouth
- Do not try to stop the jerking movements
- Loosen tight clothing around the neck
- Once it's over, let them rest and recover
- Call a doctor or go to the ER if it's the first time or lasts longer than 5 minutes

WHEN SHOULD I WORRY OR SEE A DOCTOR

- If it's your child's first seizure
- If it lasts more than 5 minutes
- If they are not waking up or breathing normally afterward
- If seizures happen without fever or keep coming back
- If your child has a stiff neck, vomiting, or rash (may suggest meningitis)