

# WHAT TO DO IF YOUR CHILD IS HAVING A SEIZURE

Give diazepam if the seizure lasts over 5 minutes  
or if \_\_\_\_ seizures happen within \_\_\_\_ minutes

**1** Stay calm and reassure your child.

**2** Make sure your child is in a safe place. If not, lay them down on the floor, or move furniture or sharp objects.

**3** Start timing the seizure. Video the seizure if possible.

**4** At 4 minutes of seizure activity prepare the diazepam (Stesolid® tube).

**5** At 5 minutes of seizure activity, place your child in the recovery position and give diazepam into the bottom (rectally).

**6** Call 111 for an ambulance when you give the diazepam, unless instructed otherwise by your doctor.

**7** Watch your child's breathing.

**8** When the seizure has finished keep your child in the recovery position.

**9** Let your child rest and recover in a calm and quiet space until back to normal.

**10** Record seizure in seizure diary.  
If advised, let your medical team know about the seizure.

