



epicentred
HEAL • GROW • CONNECT • THRIVE

My Seizure Support Plan



My Name: _____

My Brother/Sister's Name: _____



When my brother or sister has a seizure, it can look a bit scary, but I know their brain is just having a temporary "traffic jam" and needs a few minutes to reset. I am an important part of our family team, and I know exactly what to do.



1 What I Need to Remember First

★ **Stay calm.** Take a deep, slow breath. The seizure will pass.

★ The adults nearby know exactly what to do to keep everyone safe.



3 My Safe Space



If the seizure is happening in the living room or a busy area, my safe place to sit quietly, read, or wait until it is over is:

My Safe Space is: _____

4 After the Seizure is Over

♥ My brother/sister might feel very tired, confused, or sleepy. That is normal!

♥ I can help by speaking quietly and bringing them their favourite toy or blanket.

♥ **My Emotional Check-in:** Once everything is calm, I can talk to _____ about how I am feeling. It is okay to feel worried, sad, or mad. All my feelings are allowed.



5 Important Phone Numbers to Know



Emergency Services:

000



Mom's Number: _____



Dad's Number: _____

You're a big help! ♥

