

# Creating the ultimate Seizure Readiness Kit for Your Child

By Wendy F.,

parent of a child living with Dravet syndrome

Seizures bring a level of uncertainty those outside of our community will never know—and in most cases, we parents are the first responders. As unpredictable as our lives can be, there are things we can do to help “control the uncontrollable.” For our family, one of those things was creating our Seizure Readiness Kit.

## Things to include

### ALL CURRENT MEDICATIONS

(at least 1 full day) Helps keep medications on schedule in the event you are not able to get home when planned

### THERMOMETER

Tells you if your child’s temperature is too high, potentially triggering a seizure

### SUNGLASSES

Helps reduce light-triggered seizures

### FEVER-REDUCING MEDICATION

(both oral and rectal) Lowers temperature to potentially avoid a seizure

### SYRINGES

Administers medication, if needed

### SEIZURE ACTION PLAN

Helps others know what to do when a seizure happens and how to address special medical needs in the event of an emergency

### SEIZURE RESCUE MEDICATION

Helps stop seizures

### FINGER PULSE OXIMETER

Measures oxygen levels in the blood during a seizure

### FOOD/SNACKS

Provides flexibility to feed your child if away from home for an unexpected period of time (particularly important for children following a medical diet)

### BLANKET

Provides a clean surface for your child during a seizure and/or privacy for rectal administration of medication

### COMFORTING ITEM

Provides comfort in the event of an unexpected emergency or hospitalization

### SET OF CLOTHES

Provides a fresh outfit if soiled during a seizure or away from home for an unexpected period of time

### CPR REFERENCE CARD

Gives you a quick guide for resuscitating your child

*Please keep in mind that the items on this list are examples that work for Wendy and her family. Every form of epilepsy is different. Please talk to your doctor to determine what is best based on your or your loved one’s unique needs.*

