

Recording Your Child's Seizure

Tips for Parents and Carers



Sláinte Leanaí Éireann



Children's Health Ireland

Your child has been seen by our Neurology Team and is having investigations for possible seizures. We understand that this is an anxious time for you and your family. It can be very helpful for your child's doctor or nurse to have a clear description of the events that you are seeing with your child.

Seizure Diary

We would like you to keep a seizure diary or a note book, to record any seizures or unusual activity you notice in your child. We have listed some tips below to help you to describe what you see.



- Note what your child is doing at the time such as sleeping, awake, playing or other activities?
- What alerted you to the seizure - cry, fall, stare, head turn or other ?
- Did your child talk or perform actions during their seizure?
- Which parts of their body were affected?
- Was one side of their body affected more than the other?
- Did their body stiffen, jerk or twitch?
- Were there any eye changes - moving right/left, rolling, blinking, pupils dilated (black center become larger)?
- Was your child aware during the event?
- Did your child's skin colour change - pale, flushed, blue?
- Did your child's breathing change?
- Did your child wet/soil themselves?
- Did your child vomit?
- Did the event cause any injuries?

- How did your child behave after the seizure - were they alert, drowsy, confused?
- Did your child remember any 'funny feelings' before the seizure started?
- How long did seizure activity last (Please state if timed)?
- How long did it take your child to return to normal activity?

Video Recording

It can be very helpful for your child's doctor or nurse to see a video of your child's seizures or any unusual activity.

The following are a list of tips to help you get the best video possible.

- Always make sure your child is safe before starting to video an event.
- Make sure the room is bright. Turn on a light if necessary.
- If it occurs while your child is in bed, pull back the bed clothes to show your child's full body. Make sure their night wear is in place.



Try to:

- Capture as much of the event as possible.
- Video your child's whole body initially and then focus in on specific parts as the event progresses such as eye movements or hand twitching.
- Video your child's face.
- Record any sounds your child is making.
- Speak to your child during the recording and if they

don't respond then touch or tickle them in order to see how alert or responsive they are.

- If appropriate, give a code word such as “green balloon” afterwards ask your child to repeat the code word to assess their level of awareness.
- Describe what you are seeing in the video as you record it – this will highlight your concerns to whoever looks at the video later.

Contact a member of your child's medical team for details of where to send the videos.

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