

# Creating a seizure plan, together

## How to make a plan with your child

Complete this worksheet with your child who does not have Dravet syndrome.

- 1 How do you feel when your brother/sister has a seizure?

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- 2 When your brother/sister has a seizure, would you like to help? Do you want to do something else? Either is okay!

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- 3 What would you like to do when your brother/sister is having a seizure? (For example, grab the medicine, watch for the ambulance, read a book in another room, go to your "safe place")

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- 4 Do you have any questions about how you can help when your brother/sister has a seizure? Or is there anything else you want to talk about?

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- 5 In case of an emergency (for example, in the middle of the night or during school), here's what will happen:

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When your child with Dravet syndrome has a seizure, it can be scary for every member of your family. Because seizures can happen at any time, having a plan may help reduce anxiety and make sure everyone knows what to do.



To create your family's plan, start by asking your child without Dravet syndrome these questions. This can help them open up and let you know if they'd like to help when their brother or sister has a seizure. It can also reassure your child that there is a plan for them and remind them that their feelings matter, too.



If your child is having a hard time saying how they feel, think about who else could help start this conversation.

*We spoke with members of the Dravet community to understand how this guide could best support families with Dravet syndrome.*



### Roles may change

As your family continues to move forward with Dravet syndrome, it can be helpful to revisit this plan in the future, especially as your child with Dravet syndrome and their siblings grow older.