

Supporting My Child Who Has a Sibling With Dravet Syndrome



..... has a sibling with Dravet syndrome and may need extra care and attention. This worksheet was created to help you understand what to look for and how to provide support for my child.

The Impact Dravet Syndrome Has on Siblings

Dravet syndrome is a rare form of epilepsy that is linked with frequent, severe seizures that may be life-threatening. Many children living with Dravet syndrome will experience multiple seizures a week, and some may experience several seizures a day. Due to the unpredictable nature of these seizures, they can disrupt day-to-day family life.

Siblings have an unbreakable bond. Therefore, the impact of Dravet syndrome can be especially hard for brothers or sisters of children diagnosed with Dravet syndrome. They can experience high levels of stress, anxious feelings, or fear.

You may feel like you have to dig a bit deeper to find out how my child is really feeling, even when they say that they're fine.

Recognizing the Signs

Here are some symptoms of anxious or depressed mood that you can look out for in my child:

- Sadness
- Less energy
- Lowered attention or concentration
- Falling behind on school projects
- Loss of interest in activities
- A sense of helplessness or hopelessness

My child is doing their best to navigate an extremely difficult situation, and your support and words of encouragement can make a big difference.

Please feel free to call me at any time if you notice any changes in my child's mood or behavior or if you sense that my child is struggling or falling behind.

Thank you for everything you do to help support and encourage my child. We truly appreciate you!

Our Family Plan for

NAME

Emergencies can happen at any time.

During school or practice:

In the evening:

On the weekend:

In the middle of the night:

Notes:

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Contact Information

My name: My phone #:

If you can't reach me, call: Phone #:

Relationship to child:

Or

Call: Phone #:

Relationship to child:

Local hospital information:



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