

## SAFETY TIPS FOR MOMS LIVING WITH EPILEPSY

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The safety measures you take will depend on the severity of your seizures. Consider what your seizures involve and what risks you need to prepare for.

- Like any other parent, childproof your home as much as possible
- Family support can be helpful, but if not available then contact your local home health care
- Breastfeeding is a safe option for most mothers, even though seizure medicines can be found in small amounts in the breast milk. Usually this will not affect your baby, but if you have any concerns, discuss them with your doctor
- The floor is the safest place to nurse, change or bathe your baby
- Avoid holding your baby while cooking
- Keep your medication in a safe place away from your child
- If you have seizures that make you confused or unaware, consider using a stroller, a playpen, a child safety harness, or a wrist bungee cord to keep your child safe and nearby. At home, keep outside doors locked and close inside doors to rooms where your toddler could be hurt (kitchen or bathroom). Outside, be sure to close garden gates, etc.
- As your child grows older you can explain to them about seizures. There are plenty of resources that make it fun for children to learn about epilepsy.

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