What is a seizure/event record?

Your child’s provider may ask you to keep a record of your child’s seizures and bring it to all clinic appointments. This is a record that parents keep to record all of a child’s seizures and/or any event that may look like a seizure.

You may choose a paper calendar. There are also various phone apps for this purpose.

You should record the following for each seizure, headache or event:

- Date and time of the event
- How long the event lasted
- Description of the event, such as shaking or stiffening of the arms or legs, staring, dropping to the floor, drooling, color changes, numbness, tingling, or experiencing pain.
- Did your child act or feel different before the event? How long did this part last?
- Was your child sleepy or “not quite right” after the event? How long did this part last?
- Could you identify any trigger for the event, such as seizure missed dose of medicine, an illness, or being more tired than usual?
- You may record your child’s event on your phone and show it to your child’s provider at the next clinic visit.

Resources:


Online apps:

- Epilepsy Foundation: www.epilepsy.com/get-help/my-epilepsy-diary
- Seizure Tracker: www.seizuretracker.com/