



## Information to Have on Hand

**T**o help you provide care and inform others about your child's needs, keep the following materials in an easy-to-find location (on your refrigerator, for example):

- Name and description of your child's seizure type
- Descriptions of how your child might appear or behave during a seizure
- A plan explaining what to do if your child has a seizure
- Information about your child's medicines, including:
  - What to do if you miss a dose
  - Potential side effects
  - What to do if side effects occur
- A calendar (or some other tool) for tracking when your child:
  - Has seizures
  - Takes medicines
  - Experiences side effects from medicines
- A list of phone numbers to call for help under various circumstances

*Your Gillette neurology care team can help you gather this information.*