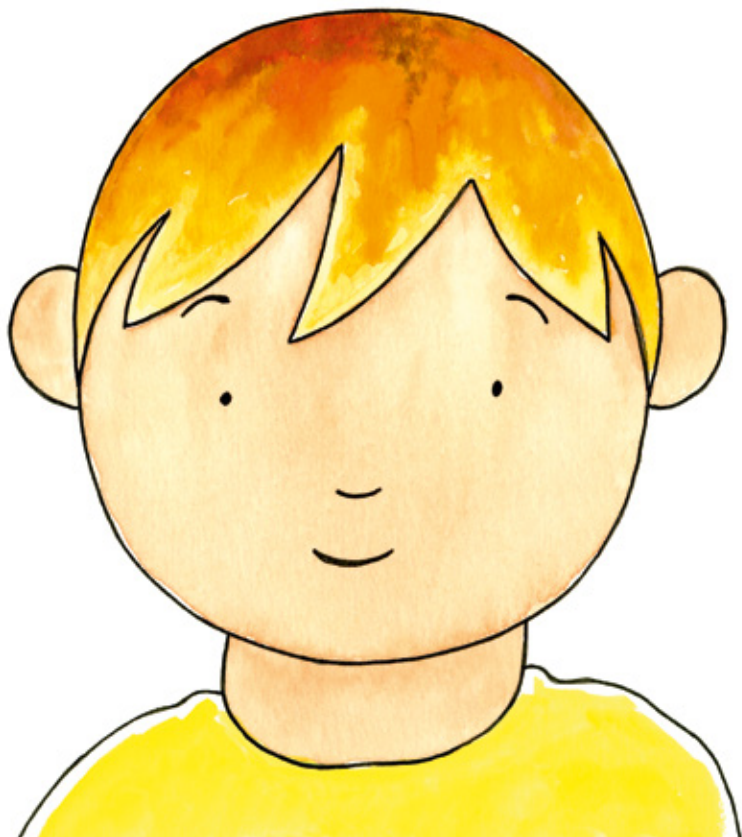


Brian learns about epilepsy



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Brian is excited because today is his
best friend Samantha's birthday.

Brian is helping mummy to wrap
a present for her.

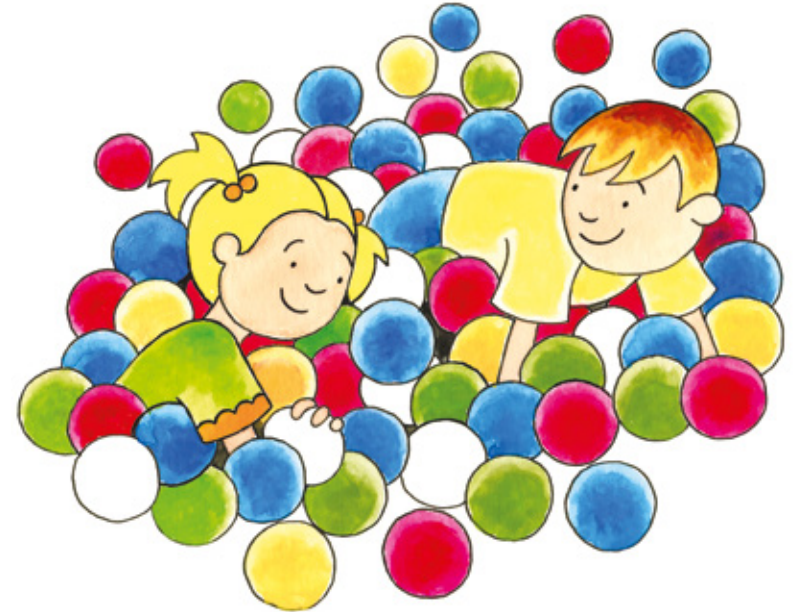


Brian and mummy walk to the
soft play centre for the party.
'Bye!' shouts Brian.

He runs to give
Samantha her present.



Brian likes the soft play centre.
There are slides and pools of coloured
balls to dive into. It is a lot of fun!



Later, they are munching hot dogs when Brian hears a loud noise.

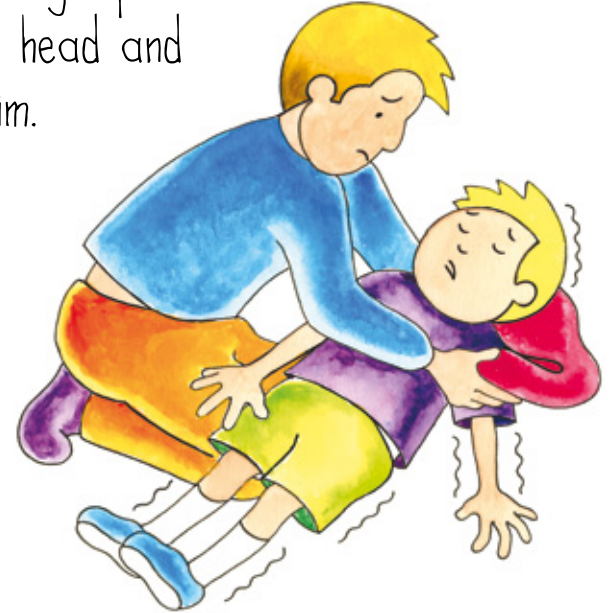
Someone has fallen. It is Steven, Samantha's brother! He is shaking and making noises.

Brian feels scared. All the children are very quiet.

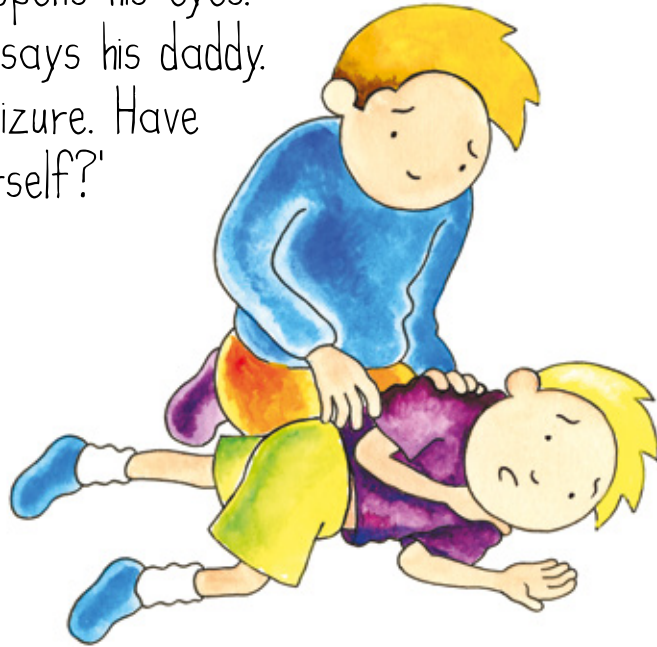


'Don't worry,' says Steven's daddy.
'He will be fine in a minute.'

He puts his soft jumper
under Steven's head and
sits next to him.



After a minute, Steven lies still.
His daddy turns him on his side.
Soon Steven opens his eyes.
'It's alright,' says his daddy.
'You had a seizure. Have
you hurt yourself?'



Steven's hand is cut. His
daddy calls the manager.



'Can you help us please?
We need a plaster for
this cut.'

'No problem,'
says the manager.
'I'll get one for you.'



Steven is sleepy and sits by
his dad to rest.



Soon Brian's mummy arrives.
'Did you have a nice time?'
she says.

'Yes! But Steven wasn't
well. He fell and shook and
then he went quiet.'



'Were you frightened?' asks mummy.
'Yes,' says Brian. 'But his daddy told
us not to worry.'

'That happened because Steven
has epilepsy,' says mummy.

'What is epilepsy?'
asks Brian.



'It makes you feel unwell sometimes. You might fall down and shake, or make strange movements,' says mummy.

'This is called a seizure.'



'Do you remember what Steven's daddy did?' asks mummy.

'Yes,' says Brian. 'He put a jumper under his head... Afterwards he turned him on his side.'

'Anything else?' asks mummy.

'Erm... He asked if he had hurt himself and got a plaster for his hand.'



So, Steven's daddy:

Put something soft under his head.



Turned him on his side afterwards.

Checked if he had hurt himself.



Asked someone to help to treat his cuts.

'If Steven hadn't woken up or was badly hurt, his daddy would have called an ambulance to take Steven to hospital,' says mummy. 'The number to call for an ambulance is 999.'



'999?' says Brian.

'Yes,' replies mummy.

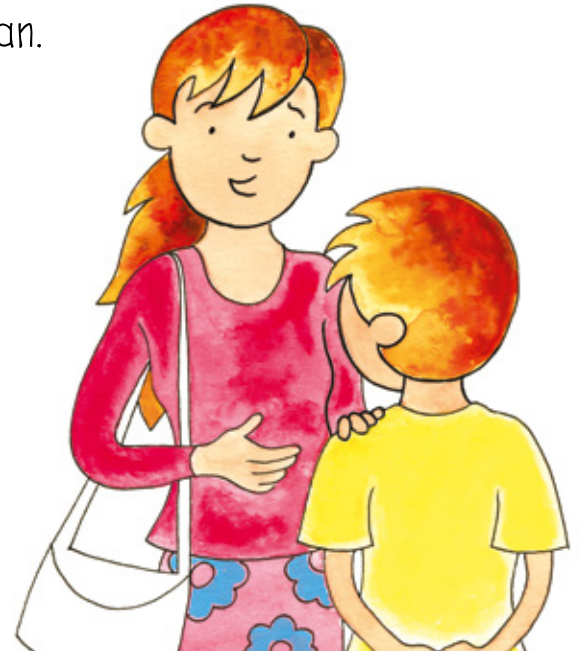
'He would have dialled 999
and told the person what
had happened.'



'So now you know what to do
if someone has a seizure.

This is a very important thing
to know,' says mummy.

'Why?' asks Brian.



'Because this is what happens to me sometimes. I have epilepsy too, Brian. So if I ever have a seizure will you know what to do?'

'Yes, I'll do what Steven's daddy did.'

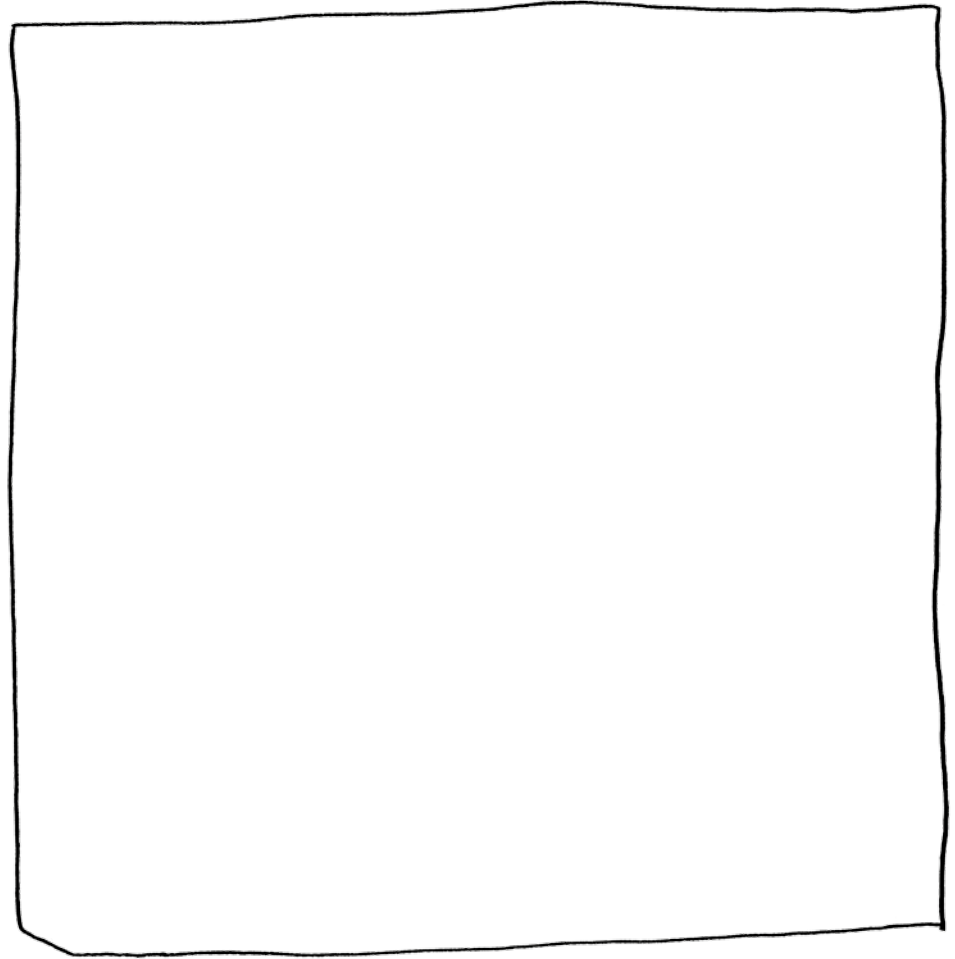
'To help you remember,' says mummy, 'we'll make a list and stick it on the wall.'

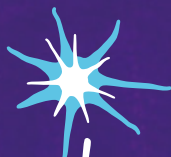


So Brian and mummy walk home. They get out paper, crayons and pencils and make a list using words and pictures. That way, Brian will know what to do if his mummy has a seizure.



If you had to make a list using words and pictures, what would you need to remember?





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Scotland's voice for epilepsy