

# WHAT TO DO IF YOUR CHILD IS HAVING A SEIZURE

Give diazepam if the seizure lasts over 5 minutes  
or if \_\_\_ seizures happen within \_\_\_ minutes

0 MINUTES

## SEIZURE STARTS

Start timing the seizure  
Stay calm  
Move your child to a safe place  
Reassure your child

Video the seizure if possible

CONTINUES

STOPS

4 MINUTES

Prepare the  
diazepam  
(Stesolid® tube)

STOPS

Put your child in the  
recovery position

Head tilted to  
keep airway open.

CONTINUES

Give diazepam into the  
bottom (rectally)

Call 111 unless  
instructed otherwise  
by your doctor

STOPS

Hands support head.  
Mouth is toward the ground.

Knee stops body  
from rolling.

5 MINUTES

Let child rest & recover

Stay with them until back to normal  
Record in seizure diary  
If advised, let medical team know  
Dr \_\_\_\_\_



For more detailed information see Seizure First Aid  
on KidsHealth by scanning the QR code or visiting  
[www.kidshealth.org.nz/seizure-first-aid](http://www.kidshealth.org.nz/seizure-first-aid)

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kidshealth.org.nz