CPNI
Cyprus Paediatric Neurology Institute
Παιδονευρολογικό Ινστιτούτο Κύπρου

INFORMATION FOR PARENTS, CARERS AND TEACHERS

Seeing a seizure: what to notice and record

During a seizure a child is often not fully aware of what is happening. What you see is therefore one of the most valuable pieces of information for the doctor. It helps us recognise the type of seizure and of epilepsy, and choose the right tests and treatment.

Safety first

First make sure the child is safe. Then note the time and what you see.

A video helps most

A short phone video, if it is safe to film, often tells us more than any description.

Write it down soon

Details are quickly forgotten. Note them as soon as the child is safe.


A child holding an adult's hand

Before the seizure

- ✓ Where was the child, and what exactly were they doing?
- ✓ Was there a possible trigger, such as tiredness, lack of sleep, hunger, illness, fever or flashing lights?
- ✓ Did you notice a change in mood or behaviour, for example excited, anxious or unusually quiet?
- ✓ Was there any warning? Did the child say they felt strange, or notice an odd smell, taste or feeling in the tummy?

During the seizure

- What made you notice: a cry, a fall, the eyes rolling or turning to one side?
- Did the child stare blankly or stop responding? Did they answer when you spoke to them?
- Did they seem to lose awareness or consciousness, or were they confused?
- Did they do anything unusual, such as mumbling, wandering, chewing, lip smacking or fiddling with their clothes?
- Did any part of the body stiffen, jerk or twitch? Which side, which arm or leg, and did it spread?
- Did their colour change: pale, flushed, or blue around the lips?
- Did their breathing change: noisy, irregular or difficult?
- How long did it last? Time it if you can.

After the seizure

- How long did it take for the child to be back to normal?
- Were they sleepy, confused or upset, or did they have a headache?
- Could they talk and move normally? Was there any weakness of an arm or leg?
- Did they bite their tongue, wet themselves or get injured?
- Do they remember anything about it?

Filming a seizure safely

- Safety comes first: only film if someone else is looking after the child, or if the child is safe for a moment.
- Start filming as soon as you can and keep going until the child starts to recover.
- Show the whole body and the face, uncovering the child if possible.
- Say the time, and talk to the child (“Can you hear me? Squeeze my hand”) so we can see how they respond.
- Keep the video private and bring it to the appointment, or email it to us if we ask.

Call 112 if

- ✓ The seizure lasts more than 5 minutes (give rescue medicine if it has been prescribed)
- ✓ It is the child's first seizure
- ✓ Seizures follow one another without recovery in between
- ✓ The child is injured, has trouble breathing, or the seizure happened in water

Seizure diary

Fill in a line for each seizure and bring the diary to your appointment.

Date and time	Before (trigger, warning)	What happened	How long	After (recovery)	Video?

Contact CPNI

If you have questions or would like an appointment, please call our office on +357 22 476 627 or email cpni2007@gmail.com.

More leaflets and information: www.cpni.com.cy

This leaflet gives general information. It does not replace advice from your child's doctor.

Reviewed by Dr Paola Nicolaides, Consultant Paediatric Neurologist, November 2026.

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