

Pregnancy & Parenting

Be aware of hormones

Hormonal changes could cause seizures.

Listen to your doctor

Remember to take folic acid and prenatal vitamins. Talk with your doctor about staying on your epilepsy medication while pregnant and breastfeeding.

Get lots of rest

During pregnancy and after, it's important to get plenty of sleep.

Call for help

Make sure kids know to contact a family member right away to get help if you do have a seizure.

Educate your kids

Explain to your kids what seizures are. Make sure it is not scary for them and they know what is going on when one does happen.

Tips from Advocates:
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