



*From the desk of Dr Harry*

## **Epileptic seizures more likely in the morning**

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2-3% of the population suffer with epilepsy. Although frightening to observe, a fit generally results in very little harm. Witnesses can roll the patient off their back, and call an ambulance (especially if the seizure lasts longer than 5 minutes) however there is no need for any other basic life support such as mouth to mouth respiration.

I tell parents that children with epilepsy should be free to pursue any peer appropriate activity. The only exception is that all water activities require supervision, as catastrophes may occur even in a bath or wading pool.

Recently published Melbourne research suggests that most generalized seizures occur in the morning. So morning baths and pool activities need particular watching.

Refer to the [American Academy of Neurology](#) for the article.

You can also visit [okidokiebaby.com.au](http://okidokiebaby.com.au) (particularly [Very Helpful Links](#)) for more up to date plain language information on epilepsy.

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