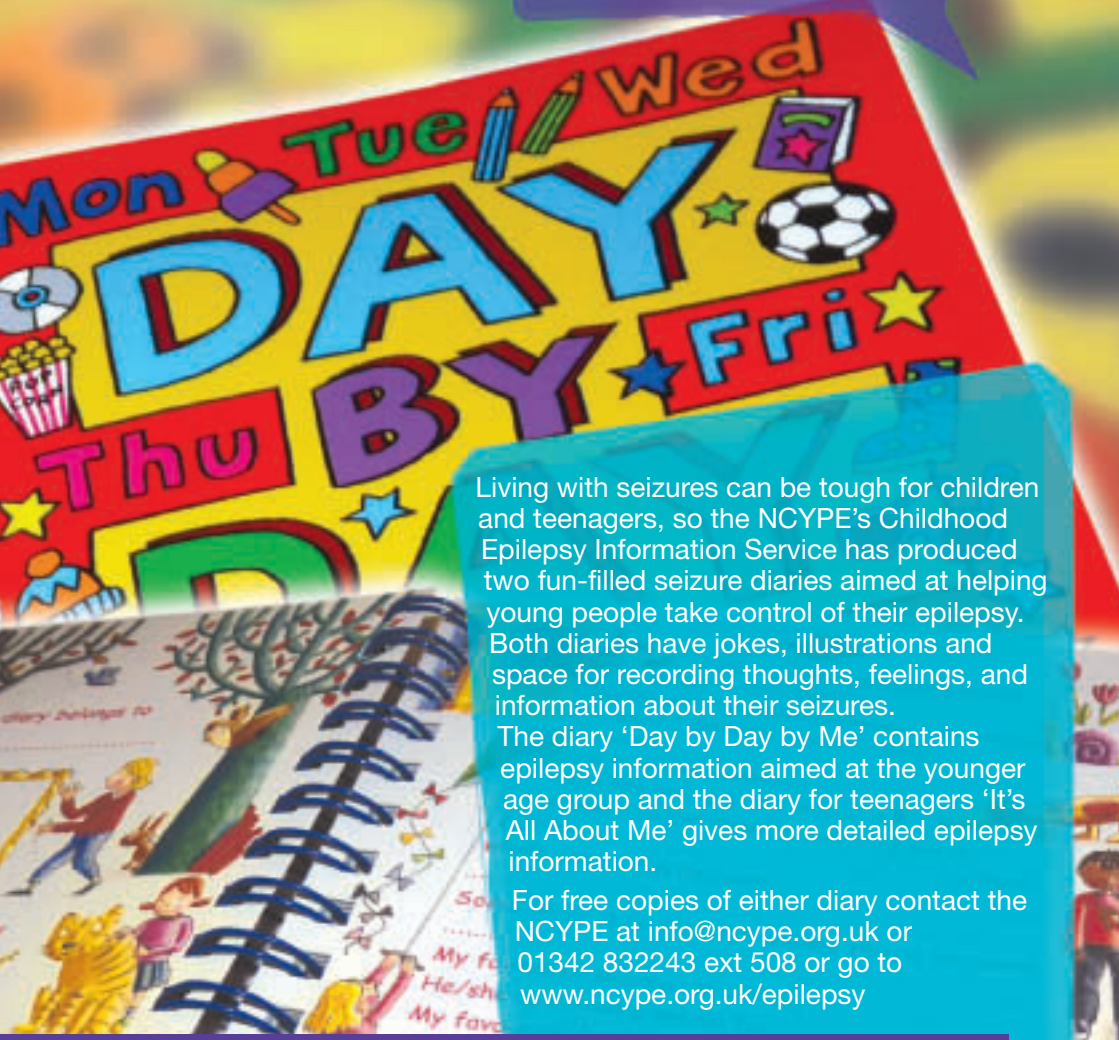
NCYPE

Childhood Epilepsy Information Service

Epilepsy

Seizure diaries



Living with seizures can be tough for children and teenagers, so the NCYPE's Childhood Epilepsy Information Service has produced two fun-filled seizure diaries aimed at helping young people take control of their epilepsy. Both diaries have jokes, illustrations and space for recording thoughts, feelings, and information about their seizures.

The diary 'Day by Day by Me' contains epilepsy information aimed at the younger age group and the diary for teenagers 'It's All About Me' gives more detailed epilepsy information.

For free copies of either diary contact the NCYPE at info@ncype.org.uk or 01342 832243 ext 508 or go to www.ncype.org.uk/epilepsy

The National Centre for Young People with Epilepsy

www.ncype.org.uk

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