

# Ask Charlie

Here are some problems children with epilepsy and their friends and family may have.

**Can you help?**

## I'm scared I'll do the wrong thing!

Dear Charlie,  
My brother has epilepsy and sometimes falls down and shakes all over. My mum and dad and our teachers know what to do if he needs help, but I'm scared it might happen when they are not around and I do the wrong thing. I know I should put something soft under his head but is that it? Is there anything else I need to do?

**Jake, Manchester.**



## It's really embarrassing!

Dear Charlie,  
I have absence seizures which last for a few seconds but can happen many times each day. When they happen in class, I usually miss something I've been told or a question someone's asked. I have to keep asking people to repeat things and it's really embarrassing. I used to do really well at school but don't think I am now. I don't want to talk to my teacher because I don't think there is anything she can do to help. It makes me really upset. What should I do?

**Theo.**



## My parents are treating me like a prisoner!

Dear Charlie,  
I got told a couple of months ago that I have epilepsy. My parents have said that I can't go swimming with my friends or to a sleepover this Saturday- it's so unfair! I haven't had a seizure for weeks but they are still treating me like a prisoner! Dad said I'm only allowed a sleepover if my friends come to our house. I'm worried my friends are just going to give up on me! Help!

**R, Wembley.**



## They keep whispering about me!

Dear Charlie,  
A few weeks ago something strange happened to me at school. I don't remember anything but my mum said I was wandering around and really confused. When people tried to speak to me, I didn't answer. I have since found out that I have epilepsy. I am taking tablets but it could still happen again. My friends are avoiding me and I think they are whispering about me behind my back. I don't know what to do. I feel alone and I'm worried it might happen again.

**X, Scotland.**



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