Safety Matters!

Safety is always important to new parents. This is especially true for moms with seizure disorders. It is essential for these moms to keep the safety and wellbeing of themselves and their babies as a constant priority.

Here are some ways moms with seizure disorders can safely care for their babies:

1. Always use the safety straps when changing your baby on a changing table. You may also change your baby on the floor.
2. Never bathe your baby by yourself.
3. Sit on the floor to feed your baby. If using a highchair, be sure to use safety straps.
4. Never hold your baby while cooking, ironing or carrying any hot liquids.

Change Happens

There are many changes that happen after the birth of your new baby; hormone levels change, stress increases and sleep time is decreased. Levels of seizure medications in the bloodstream can also change after delivery. All of these things can increase seizure activity. There are many things that can be done to keep you and your baby safe:

1. Get help! Don’t be afraid to ask friends and family for help.
2. Rest—try to sleep when your baby is sleeping.
3. Take your medications as prescribed by your doctor.
4. See your doctor regularly for monitoring of your medication levels.

Breast-feeding

Many women with seizure disorders worry that they will not be able to safely breast-feed their babies. However, for most moms with seizure disorders, breast-feeding their babies is a safe choice. You will need to talk to your doctor to see if your medications are safe to take while breast-feeding. Some seizure medications cross into breast milk in small amounts and this can affect your baby. Call your baby’s doctor if you notice excessive fussiness or irritability, excessive sleepiness or poor feeding. There are options for supplementing feedings as well.