EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Positive self-esteem

Building a positive self-esteem is an important part of any child's life. For children with epilepsy, this is sometimes especially important, in part due to a higher risk of depression and anxiety. However, encouragement and opportunity, as well as support from their family, school community and professionals, should help them towards a confident future.

All children require some supervision and direction, but if children with epilepsy feel like they are always being monitored, or being withdrawn from normal activities, this may have an adverse impact on their self-esteem. Students with epilepsy can generally participate fully in school life, including camps, excursions and special events. By using an Seizure Management Plan (SMP), you can explain any additional supports that your child needs for certain activities. You may also need to work with your child's school to develop a Risk Management Plan for these activities.

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