



**EPILEPSY**  
**NEW ZEALAND**  
*Kia titiro ki te tangata / See the person*

THE NIGGLE



A LITTLE BOOK OF POETRY

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## Forward

There are so many feelings involved with a diagnosis of epilepsy, such as confusion, anger, frustration, loss of independence and fear.

Epilepsy New Zealand have produced these poems to help children deal with some of these feelings. Reading these poems with your child may help them feel more comfortable with their diagnosis, it may open up conversations, and help them feel less alone in their struggles.

Each poem is aimed at a theme or topic that may arise, for example: taking medication, going for an EEG, dealing with bullies, feeling different and overcoming obstacles.

We hope you enjoy reading these poems together.

# The Niggle



You're told that you have epilepsy  
which makes you feel all strange.  
Things may be a little different  
and a few things have to change.

I'll introduce the Niggle, a character of sorts!  
Imagine that it's the Niggle that makes your brain distort.  
You can blame it for all your worries.  
You can tell it all your woes.  
Tell the Niggle you're cross with it when you're feeling low.  
Use the little Niggle in any way you choose.  
Blame it! ... talk to it! picture it! ....

what have you got to lose?



# The Little Niggle Wants to Come Out!



The Little Niggle inside my head,  
can wiggle and jiggle around in my bed.  
The little Niggle wants to come out to play,  
but I'm taking my medicine to stop it today.  
The little Niggle gives a bang and a shout:  
this little Niggle just wants to COME OUT!  
BUT.....I'm taking my tablets each night and each day  
to make sure that Niggle stays right away.

# My Niggle Has Been Seen!



They put on little stickers all around my head  
They gave me a pinwheel and sat me on a bed.

A puff and a blow to spin it around;  
to catch my Niggle without a sound.

A blink, a spark, a flash of light:  
to see if my doctors could catch it tonight.  
With a zap and a ping, and a blink of an eye,  
my Niggle jumps about, down low and up high.

It comes out of hiding, just to be mean  
my doctors have caught it.....

**MY NIGGLE HAS BEEN SEEN!**



# You Should Be Ashamed!



Some of us wear glasses, and some of us may wheeze.  
Some of us have Niggles inside and some of us may sneeze.  
We are all a little special: we are all a bit unique.

We are all the children of this Earth,  
which gives us our mystique.

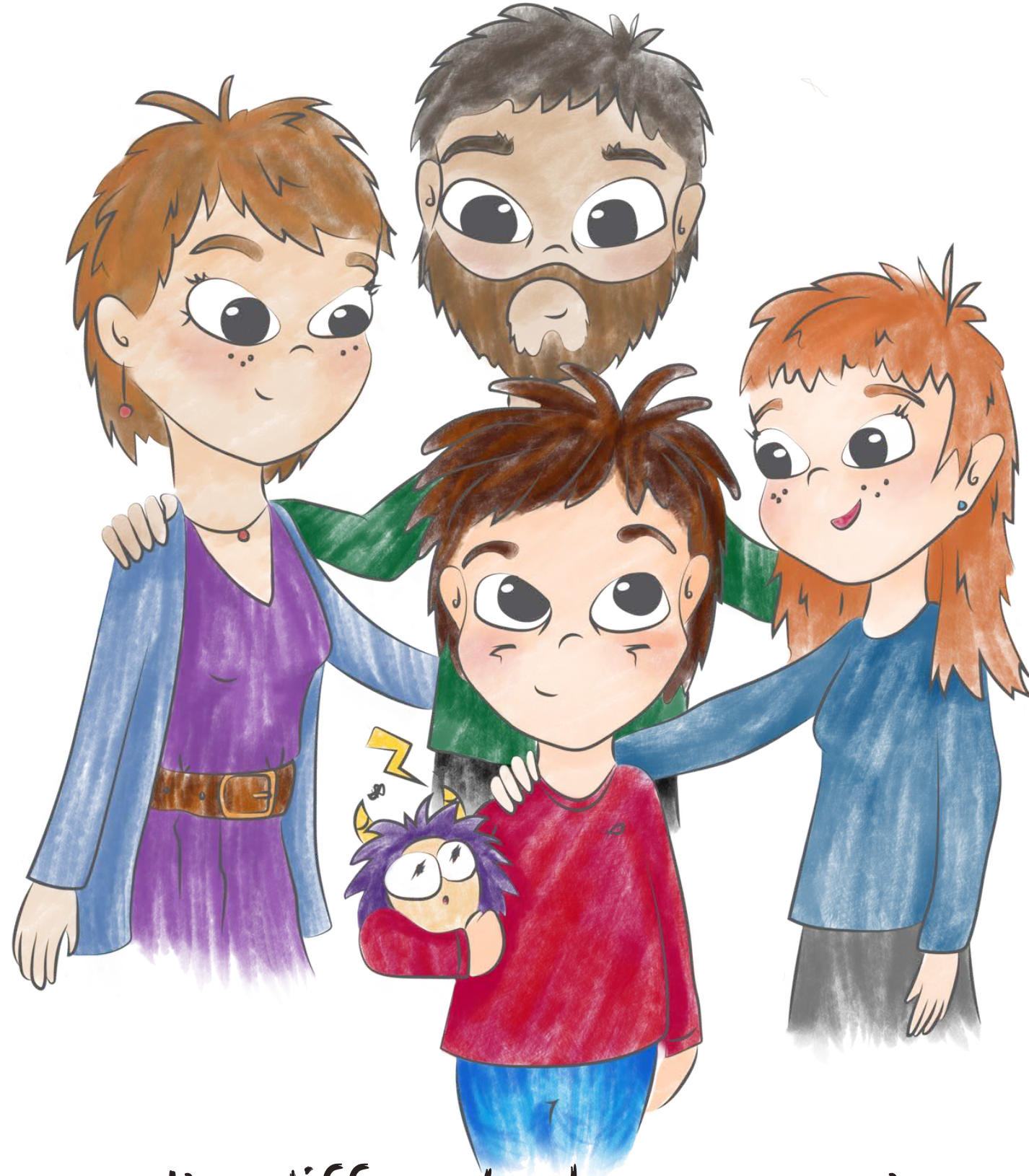
So next time someone teases or next time someone's mean,  
Stand tall... shoulders back.... and be sure that you are seen.

Take that power inside you and ignite it with a flame,  
And look that bully in the face and say.....

“YOU SHOULD BE ASHAMED!”



# That's what Makes Me Special



My sister says I'm different; she says you're not the same.

You've got the Niggle inside you, stuck inside your brain.

But my sister loves me.....and my sister cares

And my sister stays with me when I have my 'Stares'.

My mother says I'm different and special in many ways.

My daddy says "You're one of a kind"

And lavishes me with praise

So, I may have this little Niggle, deep inside my head.

But "That's what makes me special"..... So my family says!



# I Forgot My Old Niggle



I'm taking my Niggle out today  
to go to the park and have a play.  
To meet my friends inside the park,  
To swing on the swing, and to have a lark.

I hope my Niggle stays away  
And doesn't want to come to play,  
But if it does, no matter what!  
My friends will help me until it stops.  
They know what to do; they all keep calm.  
They time the seizures and keep me from harm.  
My Friends are great, my friends are a giggle  
And my friends are SO AWESOME!

I forgot my old Niggle!



# You're Not Going To Stop Me



I started feeling dizzy, and I started feeling weird.  
Oh! No! I panicked a little. What if my Niggle appears?  
What if I'm in my classroom? What if I'm at the shops?  
What if my Niggle starts to jiggle? I know it can't be stopped.  
But suddenly I calm down and say,

"THIS IS MY LIFE;

THIS NIGGLE INSIDE ME WILL NOT CAUSE ME STRIFE!".

Now I will stop the worry. I will stop the woe.

I will do the best I can to give my life a go.

I will always strive hard and always do my best.

And if my Niggle does appear, then I shall have a rest.

So, my troublesome Niggle, you may not go away.

BUT.....

YOU'RE NOT GOING TO STOP ME FROM HAVING FUN TODAY!