

# Seizure triggers in children

Many of the risks associated with epilepsy in children are similar to those of adults. Some of these include:

- **Illness/fever**

Fever-induced seizures typically affect children between 3 months and 6 years.

- **Missed medication**

If a child is prescribed anti-seizure medications to control their seizures, missing a dose (or taking doses at the wrong times) can lead to 'breakthrough' seizures.

- **Flashing/flickering lights**

While this is a less common trigger than many people think, it still affects approximately 3% of people with epilepsy. It is more common in children and adolescents and can resolve later in life.

- **Lifestyle**

Insufficient sleep can worsen seizures in some children.

- **Hormonal changes/puberty**

Children with epilepsy may experience changes in their seizure activity as they go through adolescence.

