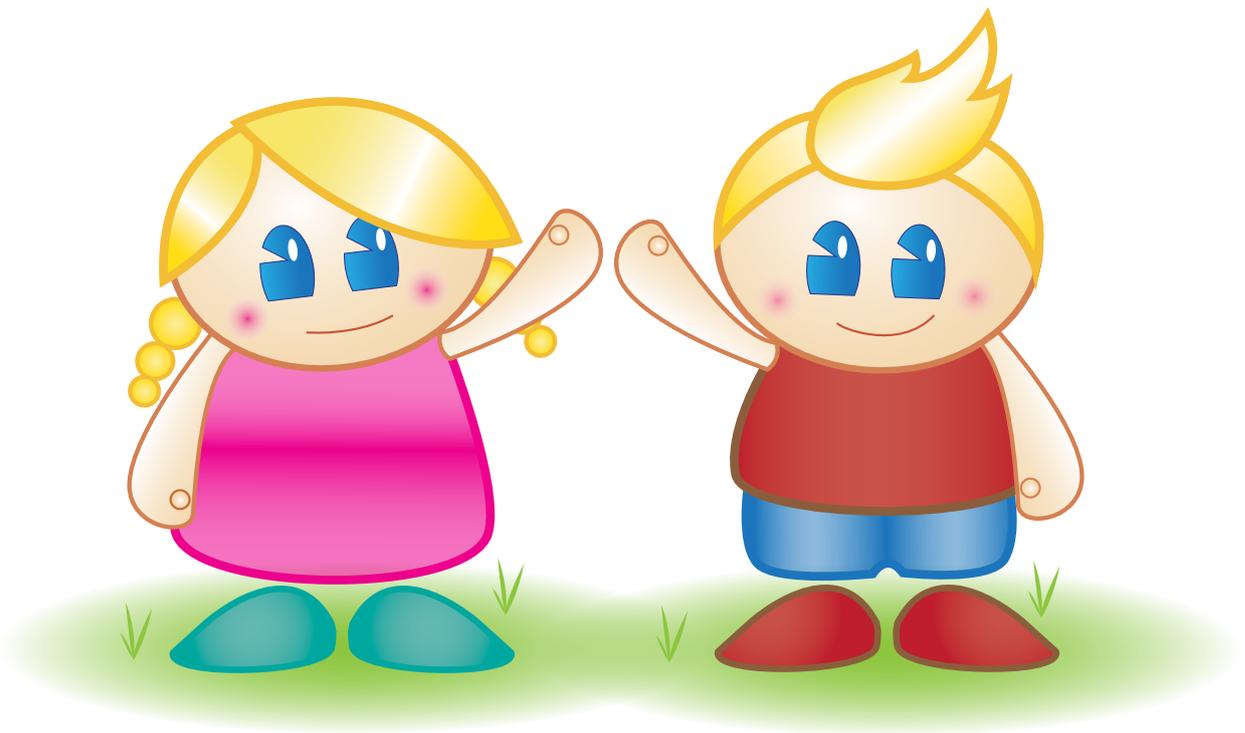


# Adley with Dot

An epilepsy story and  
activity book



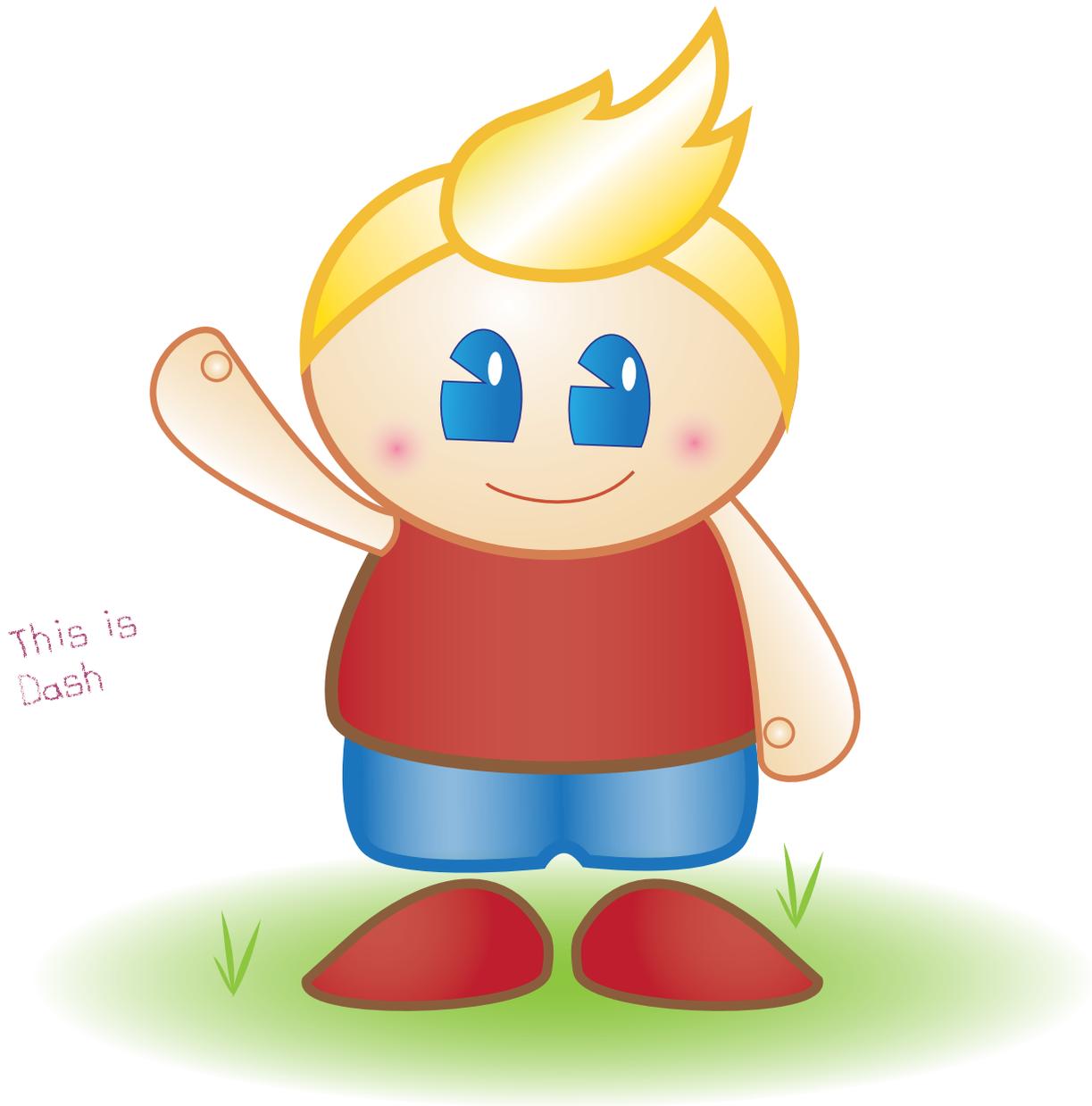
This book belongs to: \_\_\_\_\_

# A day with Dot

Dot has epilepsy. Her twin brother Dash says she can't do the things her friends do - but Dot knows he's wrong because she has asked her doctor, Dr Deshad.



My name is Dot. I am seven. I like pizza, Lego and dancing. I have epilepsy. There are different types of epilepsy. The type I have is called tonic-clonic seizures. When I have a tonic-clonic seizure, there is a big burst of signals in my brain. These signals make me fall down and make my body jerk. That's what Doctor Deshad says.



This is my brother, Dash. We are twins. Sometimes we play together and we have lots of fun building things with Lego. Some other times Dash teases me about my epilepsy. That makes me cross with him.



This morning when I went to the bathroom he said, “You can’t even have a bath, because you have epilepsy!” I know the answer to this one, because I asked Doctor Deshad, “Can I have a bath?” Doctor Deshad said, “You can if an adult is with you. Sometimes it’s best to have a shower instead, just in case you have a seizure.” I told Dash. He stuck his tongue out and ran off. After telling mum, I went and had a nice shower.

At school, we had swimming class. I swam to the deep end once. Dash said, “You can’t go swimming, because you have epilepsy!” I know the answer to this one, because I asked Doctor Deshad, “Can I go swimming with my friends?” Doctor Deshad said, “You can go swimming. Just make sure there is always an adult watching, just in case you have a seizure.” I told Dash. He stuck his tongue out and swam off. I swam to the deep end.

This is  
Doctor  
Deshad



Mum and Dad brought our bikes when they picked us up from school. I have a pink bike with stickers on. Dash has a blue bike with a bell. Dash said, "You can't ride your bike because you have epilepsy!" I know the answer to this one, because I asked Doctor Deshad, "Can I ride my bike?" Doctor Deshad said, "Of course you can ride your bike! Just make sure you wear your safety helmet and don't ride on busy roads." I told Dash. He stuck his tongue out and rode away so fast he nearly fell off. I laughed.



When we got home, we were allowed to play in the garden before dinner. Dash wanted to climb the big oak tree in our back garden. I know the answer to this one because I asked Doctor Deshad, “Can I climb trees?” Doctor Deshad said, “It’s best if you don’t. You might have a seizure and fall and hurt yourself.” I told Dash. He said, “That’s okay. We can play in the sand pit.” Then he hugged me. We played in the sand pit and it was really fun. Some days I love my brother.

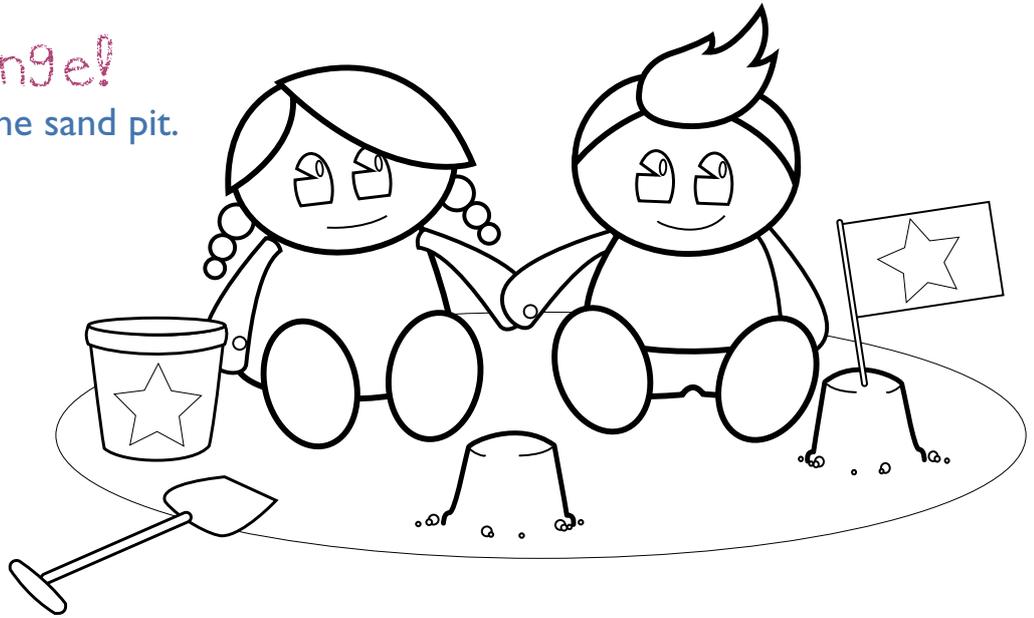


### Colouring challenge!

Here are Dot and Dash in the sand pit.  
Can you colour them in?

### Did you know?

If you have epilepsy,  
you can do almost  
everything your  
friends can!



### Quiz time!

Answer these questions about Dot's story.  
Can you get all the answers right?

What is Dot's  
favourite food?  
Draw your  
answer here.



Dot can have a bath if an adult is there, but  
what does Doctor Deshad say is better?

- A) Washing in the sink.
- B) Having a shower.
- C) Going to school dirty.

Dot loves to ride her bike – but can she go  
on bike rides with her friends?

- A) Yes, if she counts to 10 before setting off.
- B) Yes, if she wears her safety helmet and doesn't ride on busy roads.
- C) Yes, as long as she keeps stopping for a fizzy drink.

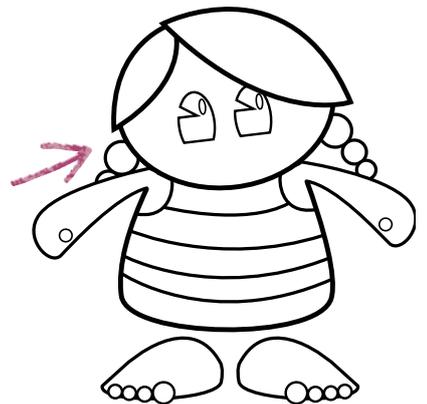
Dot loves to swim – but is it safe to go  
swimming?

- A) Yes, it's always safe.
- B) Yes, if an adult is there.
- C) Yes, but only if her swimming costume is green with pink spots.

Here is Dot in her swimming costume.

Can you colour  
her in and show  
how happy her  
face can be?

*draw a happy  
smile here*



What does Doctor Deshad say that Dot  
shouldn't do?

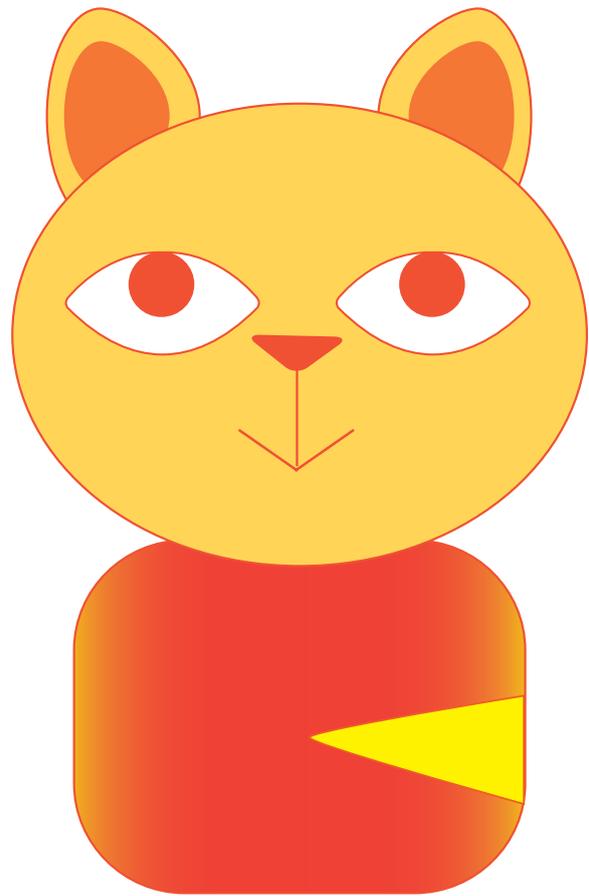
- A) Eat jam sandwiches – she might spill jam on her dress.
- B) Climb trees – she might have a seizure and fall.
- C) Wear orange – it's not a pretty colour.

# Further information for children affected by epilepsy:

Hi I'm Marmalade, Dot and Dash's cat. Along with some friends, I'm on Epilepsy Action's website where we can help you learn more about epilepsy. There is information to read, and videos and stories to watch. I hope you come and visit us.

<http://kids.epilepsy.org.uk/>

Marmalade



# About this publication

This booklet is written by Epilepsy Action. If you would like to know where our information is from, or there is anything you would like to say about this booklet, please contact us.

Epilepsy Action makes every effort to ensure the accuracy of information in its publications, but cannot be held liable for any actions taken based on this information.

Date: August 2017

Due for review: August 2020

Code: B152.01

## Further information

If you have any questions about epilepsy, please contact the Epilepsy Helpline.

### Your support

We hope your child has found this booklet helpful. As a charity, we rely on donations to provide our advice and information. If you would like to make a donation, here are some ways you can do this.

- Visit [epilepsy.org.uk/donate](https://epilepsy.org.uk/donate)
- Text ACT NOW to 70700 (This will cost you £5 plus your usual cost of sending a text. Epilepsy Action will receive £5.)
- Send a cheque payable to Epilepsy Action to the following address:  
Epilepsy Action, New Anstey House, Gate Way Drive, Yeadon,  
Leeds LS19 7XY

Did you know you can also become a member of Epilepsy Action from as little as £1 a month? To find out more, visit [epilepsy.org.uk/join](https://epilepsy.org.uk/join) or call 0113 210 8800.

## Further information for adults

If you have any questions about epilepsy, please contact the Epilepsy Action Helpline.

Epilepsy Action has a wide range of publications about many different aspects of epilepsy. Information is available in the following formats: booklets, e-books, fact sheets, posters, books and DVDs.

Information is also available in large text.

Please contact Epilepsy Action to request your free information catalogue. Or download a copy at [epilepsy.org.uk/catalogue](http://epilepsy.org.uk/catalogue)

## Epilepsy Action's support services

**Local meetings:** a number of local branches offer support across England, Northern Ireland and Wales.

**Coffee and chat groups:** these give people living with epilepsy the chance to meet new people, share experiences and learn more about life with epilepsy.

**forum4e:** our online community is for people with epilepsy and carers of people with epilepsy aged 16 years or over. Join at [forum.epilepsy.org.uk](http://forum.epilepsy.org.uk)

**Epilepsy awareness:** Epilepsy Action has a number of trained volunteers who deliver epilepsy awareness sessions to any organisation that would like to learn more about epilepsy. The volunteers are able to offer a comprehensive introduction to epilepsy to a range of audiences.

If you would like more information about any of these services, please contact Epilepsy Action. Contact details are at the back of this booklet.

## Ways to contact the Epilepsy Action Helpline



**Telephone: freephone 0808 800 5050**

We are usually open 8.30am to 5.30pm, Monday to Friday. Our helpline staff are Text Relay trained and we are able to offer advice and information in 150 languages. To ensure the quality of our service, we may monitor calls.



**Email: [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk)**

Email us your question about epilepsy. We aim to reply within 48 hours



**Text: 0753 741 0044**

Text us and we will aim to send a text reply back to your phone within 24 hours (on work days)



**Twitter: [@epilepsyadvice](https://twitter.com/epilepsyadvice)**

Tweet us with your question and we will tweet back (on work days)



**Post: New Anstey House, Gateway Drive, Leeds, LS19 7XY**

Write to us and we will aim to reply within seven working days

## About the Epilepsy Action Helpline

We do:

- Provide confidential advice and information about epilepsy to anyone
- Give general medical information
- Give general information on legal and welfare benefit issues related to epilepsy

We do not:

- Tell people what to do
- Offer a medical diagnosis or suggest treatment
- Take up people's legal cases on their behalf

If we cannot help you directly with a query, we will do our best to provide details of other organisations that may be able to help. In doing this, Epilepsy Action is not making a recommendation.

We welcome feedback, both positive and negative, about our services.