

Parents of Infants with Neonatal Seizures

KNOW THAT YOU ARE NOT ALONE



YOUR WELL-BEING MATTERS
to your child's health and development

Taking care of yourself helps you to take care of your baby

NEW RESEARCH FINDINGS

At hospital discharge, parents whose babies had seizures experienced:

Anxiety



1 in 2

Depression



1 in 3

Challenges for Families

- Financial
- Emotional
- Coping

FAMILIES SHARED: Challenges & Sources of Strength

Challenges: adapting their family life, navigating uncertainty, and coping with the emotional toll of the hospital stay.

"Having to stand back and watch doctors take care of her while I couldn't even hold her was the hardest part"

- Mother of infant with seizures due to hypoxic ischemic encephalopathy

Sources of Strength: bonding with and caring for their infant.

"We learned to love any bonding time we get with him and see his little personality"

- Mother of infant with seizures due to arterial ischemic stroke

WHAT YOU CAN DO: Support Yourself & Your Family

- Learn the signs of anxiety, depression & PTSD
- Seek peer support
- Seek support for siblings
- Ask your healthcare provider or social worker to connect you with resources for social and emotional support
- Celebrate every moment and small victory with your child and family



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