HI EVERYONE!

I’m so excited to announce that the Kids Crew had its first member earn the World Changer Award for completing all 8 activities in 2020! There are several other members who are getting very close as well. If you want to earn the World Changer Award this year, there are still a couple of months left to do it!

November is National Epilepsy Awareness Month and it is a great time to earn your Created Awareness pin. Knowing about seizure first aid and telling others is an important part of spreading awareness. If you talk to someone during November, make sure to tell them these facts as well:

• 1 in 26 people will develop epilepsy in their lifetime
• 3.4 million people in the United States have epilepsy
• 150,000 people are diagnosed with epilepsy every year in the United States
• 65 million people around the world have epilepsy

Keep reading for an easy way to send information about seizure first aid to a family member. The more people that know about epilepsy, the better!

I also want to wish you a very happy holiday season. Have fun and stay safe!

Your friend,

Hailey Scheinman
Chair of Kids Crew Leadership Council
Epilepsy Foundation

NATIONAL EPILEPSY AWARENESS MONTH

YOUR FAMILY CAN SPREAD AWARENESS

November is National Epilepsy Awareness Month! This year, we are asking Kids Crew members to do three things to help you have a seizure safe family.

1. Ask your parents and older brothers and sisters to become Seizure First Aid Certified. The Epilepsy Foundation has a free, online class they can take and earn a two-year certification. Sessions in November are on November 5, November 10, and November 21. To learn more and register, have a parent visit epilepsy.com/firstaid.

2. Hang up the Seizure First Aid poster (on the next page) in your room or somewhere else in your house.

3. Remove the Seizure First Aid postcard from the last page of the newsletter, write a personal note on it, and mail it to a family member so they know about seizure first aid, too.

After mailing your seizure first aid postcard, email us at Kids-Crew@efa.org to let us know so we can send you your Created Awareness pin.
Seizure First Aid
How to help someone having a seizure

**STAY** with the person until they are awake and alert after the seizure.

☑ Time the seizure  
☑ Remain calm  
☑ Check for medical ID

Keep the person **SAFE**.

☑ Move or guide away from harm

Turn the person onto their **SIDE** if they are not awake and aware.

☑ Keep airway clear  
☑ Loosen tight clothes around neck  
☑ Put something small and soft under the head

Call **911** if...

- Seizure lasts longer than 5 minutes  
- Person does not return to their usual state  
- Person is injured, pregnant, or sick

Do **NOT** restrain.  
Do **NOT** put any objects in their mouth.

☑ Rescue medicines can be given if prescribed by a health care professional

Learn More and Register for Training: epilepsy.com/firstaid
Thanks to all of you who participated in Lemonade for Livy this year. We are happy to announce that Kids Crew members raised over $20,000! That’s amazing and we are so grateful that you got involved to help support the Epilepsy Foundation. If you haven’t told us yet that you participated, please email us at Kids-Crew@efa.org so we can send you your Lemonade for Livy pin.

Kids Crew items
Visit epilepsy.com/shop with a parent, and search on Kids Crew.

What does the Kids Crew mean to you?
Has the Kids Crew helped you feel like you are not alone? Have you learned more about epilepsy and taught others as well? Do you like the newsletter, enjoy earning your pins, and have fun at Kids Crew events? If so, we want to hear from you. There are many other kids who don’t know about the Kids Crew. When they join the program, they get to see what other kids think. If you would like to share how you feel about the Kids Crew, please have a parent email your thoughts to Kids-Crew@efa.org. Your parents can add their comments, too.

World Changer Award
We are happy to announce that we had our first World Changer in September! Kristina, from New Jersey, completed all 8 pin activities in 2020. She said, “To me, what it means to be a world changer is that you are not afraid to go out there and make a difference. No matter how big or small your impact is, always remember that you are making somebody’s day better because you decided to do something as simple as writing cards to epilepsy patients in a hospital, painting a pumpkin purple, or hosting a lemonade stand.” You can be a World Changer, too! There is still time left to earn all 8 pins this year. If you have forgotten how to do so, visit epilepsy.com/kids-crew with a parent.
**Bella, Age 11 and Kenzie, Age 8**

Bella is 11 years old and from Michigan. She likes to ride ATVs (all terrain vehicles), jump on the trampoline, do chalk art, sit by the campfire, do gymnastics, and play basketball and softball. When she was diagnosed with epilepsy at 8, she was scared. She knows more now than she did then and believes it’s important for other people to learn about epilepsy so they can help if they see someone having a seizure.

Kenzie, Bella’s sister, is 8 and also a Kids Crew member. She likes to ride her bike and her four wheeler. She also likes to draw and do chalk art. She is very supportive of Bella in her journey with epilepsy. When Kenzie first saw Bella have a seizure she was scared and nervous. Since then, she has learned a lot about epilepsy and the importance of being kind to people who have challenges. Kenzie wants to remind kids to always be nice and thoughtful to your brother or sister because they are special.

Bella and Kenzie have earned a number of themed pins. Their favorite has been Walked Together. They like being a part of the Kids Crew because they can help support people who are trying to find a cure. Bella wants to tell kids, “We all are brave and strong and fierce and know that we are more than epilepsy. We can change the world with our superpowers.”

**Emmett, Age 8**

Emmett is 8 years old and from Illinois. He likes to go for long bike rides with his family. He also enjoys watching shows on his iPad, jumping on his trampoline, playing video games, and running around with his dog, Jasper. When Emmett was diagnosed with epilepsy, he was scared because he didn’t know much about it. He was curious to find out what epilepsy meant. He thinks it’s important for other people to learn about epilepsy so they know what it’s like when he has a seizure and what to do.

When Emmett joined the Kids Crew, he could see that there are kids just like him. He likes learning more about epilepsy, teaching others, and spreading awareness. He also enjoys raising money so more people can be helped. His favorite activity was the Purple Pumpkin Project. He was able to get his family and friends involved and loved seeing all of their kindness and support.

Emmett wants kids to know that, “You are not alone. Be brave! It is okay to talk to others about how you are feeling about epilepsy.” Even though Emmett is only 8, he is making a big difference and thinks, “If I can do it, YOU can do it! Just use your heart!”
ROSIE, AGE 11

Rosie is 11 and from Texas. She enjoys reading, singing, dancing, acting, reading her bible, and praying. Rosie started having seizures when she was 10 and thinks it’s pretty scary. She made up a superhero name for herself, Super Seizure Fighter, to show that nothing can stop her. Her mom also has seizures so it is comforting for Rosie to know that she has someone close to her who understands what she’s going through and can help. She believes other people should learn about epilepsy because they might run into people having seizures later in life.

Rosie became a Kids Crew member as a form of encouragement when she began having seizures. She really likes the newsletters because she can see kids her age who are going through the same things she is. She also has fun earning her pins. Lemonade for Livy has been her favorite activity because she got creative and made a lemon tree. Rosie’s advice for kids who don’t think they can make a difference is, “Anybody who cares enough about something and does something about it, they’ve changed the world.”

OZZIE, AGE 2

Ozzie is 2 and from Alabama. He loves music, snuggling with his two cats, going on family walks, and playing with his switch adapted toys. When he was born, he spent his first 93 days in the hospital. Then, at 5 months old, he had his first seizure. Now, Ozzie has six types of seizures which are very difficult to control. Although epilepsy plays a big role in Ozzie’s life, it does not define who he is. His mom says that he is the sweetest little boy whose smile can light up the world around him.

This year, Ozzie’s mom and dad have helped him earn almost all 8 themed pins. They believe it’s important to raise awareness about epilepsy and to create acceptance for all people affected by seizures. They especially liked the Walked Together activity where so many people came together to support their epilepsy warrior. As hard as it has been, Ozzie’s family knows they are never fighting this battle alone. It’s their wish that by sharing their journey, it will educate, inspire, encourage, support, and give hope to other families.

When asked how Kids Crew members can help Ozzie since he can’t speak, his mom said, “Other Kids Crew members can help to be Ozzie’s voice by getting involved and participating in Kids Crew events like Lemonade for Livy and the Purple Pumpkin Project. By using their voice and creative talents, they can make an impact and change the world!”
Sleep and epilepsy are closely connected. Sleep can affect how many seizures someone has, when they have them, and how long they last. Sleep is also important for overall health. Here are some tips to make sure you get enough sleep.

- Set up a realistic time for bed and stick to that schedule.
- Turn off electronics an hour before bed.
- Keep your bedroom dark, quiet, and cool for the best sleep.
- Get a comfortable mattress and pillow.
- Get plenty of exercise during the day.
- Don’t eat large meals right before bedtime.

If you have trouble sleeping, it may be time for a parent to talk to your neurologist or regular doctor.

HOW DO I TALK TO MY FRIENDS ABOUT EPILEPSY?

- Explain to your friends that sometimes you have seizures, and that seizures are a medical condition.
- Other kids may have allergies, asthma, or diabetes; but you have epilepsy.
- Tell them most seizures only last a few minutes and stop on their own.
- Tell them epilepsy is not something a person can “catch.” If you are comfortable sharing, you could explain what your seizures look like, so they know when you are having one and can get help.
- Tell your friends that your epilepsy does not stop you from having fun! You can still play with your friends - talk with your friends about activities you can do together.

If you don’t have epilepsy, you can tell others what it’s like using the examples above. Just explain that sometimes, people have seizures, and that seizures are a medical condition. You can use the other points as well.

DON’T LET WHAT YOU CAN’T DO STOP YOU FROM DOING WHAT YOU CAN DO.” - JOHN WOODEN

PURPLE PUMPKIN PROJECT FALL FESTIVAL

The next national Kids Crew virtual event will take place on Saturday, November 7, at 3 p.m. EDT. Visit http://bit.ly/kcppppf with a parent to register.

During this event, we will:

- Announce the National Kids Crew Purple Pumpkin Project Picture Contest winners
- Hold a scavenger hunt
- Do arts and crafts
- Play games and more!

You can also decorate your room with a fall theme for the festival. We’ll be picking some winners for most creative scene.

Join the excitement, creativity, and fun!
COLOR THE SCARECROW

JOKES & RIDDLES
Q: Why didn’t the scarecrow eat dinner?
A: He was already stuffed.

Q: What is the cutest season of the year?
A: Awwwtumn.

Q: What reads and lives in apples?
A: Bookworms.

STEPS TO SPREAD AWARENESS
1. Tear out the Seizure First Aid postcard.
2. Write a personal note on it.
3. Mail it to a family member so they know about seizure first aid, too.

AUTUMN WORD SCRAMBLE
Unscramble the letters to find the words.
1. aehrstv ____________________
2. behlssu ____________________
3. ikmnppu ____________________
4. aegnor ____________________
5. aeelsv ____________________
6. ellowy ____________________
7. bceoort ____________________
8. amntuu ____________________
9. aekr ____________________
10. acnor ____________________

AUTUMN LOCATIONS:
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✓ Time the seizure
✓ Remain calm
✓ Check for medical ID

1 Keep the person SAFE.
✓ Move or guide away from harm

2 Turn the person onto their SIDE if they are not awake and aware.
✓ Keep airway clear
✓ Loosen tight clothes around neck
✓ Put something small and soft under the head

3 Do NOT restraint.
✗ Do NOT put any objects in their mouth.

✓ Rescue medicines can be given if prescribed by a health care professional

Call 911 if...

❖ Repeated seizures
❖ First time seizure
❖ Seizure occurs in water
❖ Seizure lasts longer than 5 minutes
❖ Person does not return to their usual state
❖ Person is injured, pregnant, or sick

Learn More:
epilepsy.com/firstaid

To earn your World Changer Award for 2020, all completed pin activities must be sent to Kids-Crew@efa.org by January 9th, 2021.

Earning Pins

Visit epilepsy.com/kids-crew to see how to earn your 8 themed pins this year. Make sure to email us at Kids-Crew@efa.org to tell us what you have done.

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