

Using Motivation to Help You Take Your Anti-Seizure Medicine



Children and adults with epilepsy sometimes get tired of taking their anti-seizure medicine and need a little help. Here are tips to make it easier to take your medicine when you don't feel like it. These tips may be really helpful for parents/caregivers of children who don't want to take their medicine.

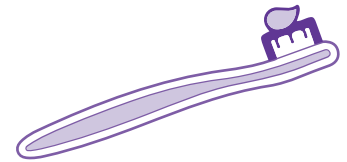
Reward Yourself

- Find something that you enjoy and use it as a prize. Reward yourself with music, a TV show, or favorite healthy snack for taking your medicine.
- You can reward your child with something they like after they take their medicine; for example, stickers, saying "good job!", getting out of chores are rewarding for children. If they won't take it, make the consequences clear; for example, taking away things your child likes to do.
- Over time, rewards can be spaced further apart and then stopped.



Pair It With A Habit!

- Take your medicine with something that you already do every day so that it's easier, like brushing your teeth or eating breakfast.
- This plan will make taking medicine a part of your regular routine – something that you do without thinking about it.
- Keep your medicine somewhere easy to find. This will help you know where it is when it's time to take it.



Ask Your Doctor/Nurse For Help

- If taking your medicine is hard because you are having side effects or do not think it works, talk with your doctor/nurse about your concerns.
 - Ask if anything can be done to make taking your medicine easier for you. Your doctor/nurse is there to help you!



Think About The Positives and Negatives

- Think about the positives and negatives of taking or not taking your anti-seizure medicine. Think about how these fit with your work, family, traveling, or other goals for your life.
 - Make a list of the Pros and Cons and highlight the positives and negatives for each choice and ask yourself:
 1. What could happen soon if I don't take my medicine?
 2. What could happen later if I don't take my medicine?
 - Carry this list with you to remind yourself why it is important to take your medicine.
 - Review your Pros and Cons list with a family member or close friend who you trust. They can be a good support for you and help keep you on track with taking your anti-seizure medicine.

