

# Preparing Your Child for Their EEG Appointment

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EEG can be a stressful test for children, especially those with behavioral or sensory challenges. Below are a few things you can do at home to help your child prepare.

## **What can I do at home to help my child prepare for their EEG?**

- While your child is lying down, have them practice laying still on a bed for 30-60 minutes.
- While they are lying still, practice the types of touches they will feel during their EEG appointment:
  - Touch your child's head every day for 5-10 minutes.
  - Use a cotton swab (Q-Tip®) and rub it on your child's head in small circles in different spots every day.
  - Take gauze and wrap it around your child's head every day, or have your child wear a knitted cap for 1-2 hours.
- Show your child these types of touches on their parents or on stuffed animals to help your child understand what will happen.
  - Bring these stuffed animals or other comfort items with you to the appointment.

## **What other resources are available to prepare my child for their EEG?**

### **Child and Family Life services**

- If you would like to request services from our Child and Family Life team, please call the EEG scheduler at least 24 hours before your appointment at (734) 232-9271.



- The Child and Family Life team can help prepare your child for their EEG by explaining the procedure using child-friendly language and pictures. They also use other educational tools like medical play to help your child explore their feelings and practice the procedure. Finally, they can provide distraction support during the procedure set-up with different toys or videos.

**Medication**

If you think medication before the EEG appointment would help, ask your child’s neurology doctor at least 1 week before your appointment.

**Videos**

Helpful videos to watch before your child’s appointment:

Video link	QR code
<a href="#">Video EEG Monitoring at C.S. Mott Children’s Hospital: What to Expect &amp; How to Prepare</a>	
<a href="#">Barney the Therapy Dog Gets an EEG: A Story for Young Children Scheduled to Have an EEG</a>	

**Website**

Learn more about our Comprehensive Pediatric Epilepsy Program at:

[MottChildren.org/conditions-treatments/pediatric-brain-neurological/pediatric-epilepsy-seizures](http://MottChildren.org/conditions-treatments/pediatric-brain-neurological/pediatric-epilepsy-seizures)

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Authors: Jenna Lang, MSN CPNP-AC, Ann Miller, MSN CPNP-AC  
Reviewers: Amanda Lovely, R. EEG T. CLTM, Mandy LaForest, R. EEG T. CLTM, Russ Derry, MPH,  
Nancy McNamara, MD, Brittany Jobkar, BA, Kelsey Gregorio, MS CCLS  
Edited by: Brittany Batell, MPH MSW CHES®

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