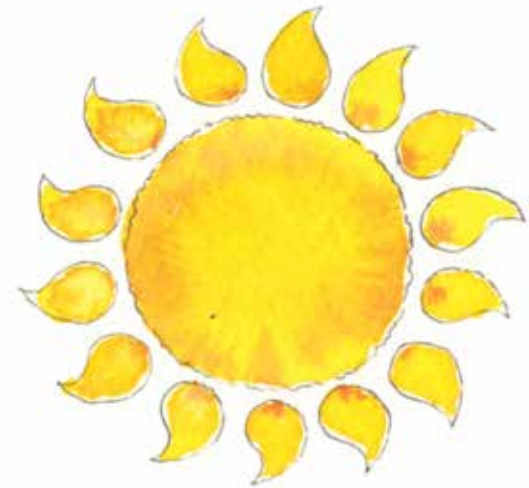


# Amelia's Guide to Brain Hiccups



Nicole McCarthy  
Illustrated by Philip Elliott

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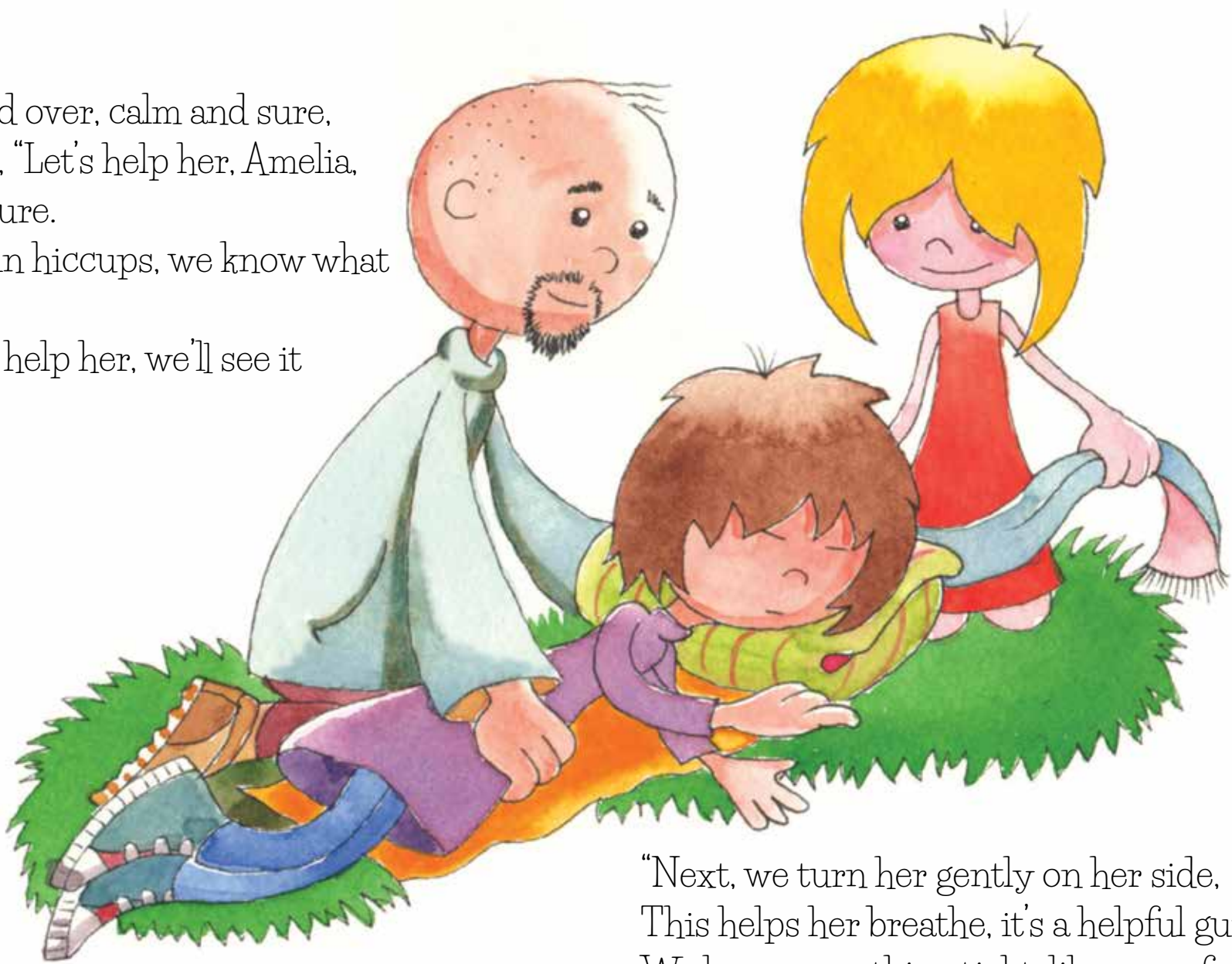
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Once upon a sunny day,  
Amelia skipped along her way.  
She loved to play, laugh, and run,  
Underneath the shining sun.



But one day, something seemed not right,  
Her mom had a “hiccup” with all her might.  
She fell to the ground, shaking, then still,  
Amelia stood there, feeling a chill.

Her dad rushed over, calm and sure,  
He gently said, "Let's help her, Amelia,  
we know the cure.  
When her brain hiccups, we know what  
to do,  
Stay calm and help her, we'll see it  
through."



"First, we make sure she's safe and sound,  
We gently lay her on the ground.  
We cushion her head, and clear the space,  
So she's not hurt in any case."

"Next, we turn her gently on her side,  
This helps her breathe, it's a helpful guide.  
We loosen anything tight, like a scarf or a tie,  
Keeping her comfy, we'll give it a try."



“Now we wait and watch her hiccup slow.”  
Amelia’s heart beats, steady in tow.  
“But soon it will pass, just like before,  
She’ll wake up smiling, ready to soar.”



As Amelia watched her mom with care,  
She felt relieved, she was glad to be there.  
With love and patience, they got through,  
The brain hiccup, it was nothing new.



If you see someone having a brain hiccup too,  
Remember what Amelia and her family do.  
Stay calm, keep safe, and lend a hand,  
Together, you can help, just as planned.

And when it's all over, and things are alright,  
Give them a hug and hold them tight.  
For love and care, they'll surely find,  
Help heal the body and soothe the mind.



Now Amelia knows, she's got the knack,  
For handling brain hiccups, she's right on track.  
With her mom and dad by her side,  
She'll always be ready, with love as her guide.

## About Amelia's Guide to Brain Hiccups

This book has been produced by Epilepsy Ireland and written by our volunteer Nicole McCarthy.

Nicole was diagnosed with epilepsy in 2016 and when her daughter Amelia was two years old, Nicole realised that it was difficult to speak to her about what was happening to her when she had a seizure. This led to Nicole explaining her seizures as brain hiccups, helping Amelia understand what was happening to her and helping her learn more about epilepsy.

Nicole, recognising that other parents with epilepsy may have the same difficulty, approached the Epilepsy Ireland team about producing this story and on reading the piece, we could instantly see how this may be beneficial for parents with epilepsy in explaining their seizures to toddlers and young children.

Thank you to Nicole and Amelia for producing this story which we hope will help many parents with epilepsy across Ireland and beyond. A huge thank you also to Philip Elliott for masterfully illustrating the story and for bringing the book version of Amelia to life!

Remember - whether you are living with epilepsy or supporting a loved one with the condition, our services are here for you. If you need any information or support about epilepsy or want to learn more about the services we offer, visit [www.epilepsy.ie](http://www.epilepsy.ie), call us on 01 455 7500 or email us on [info@epilepsy.ie](mailto:info@epilepsy.ie) and we will do our utmost to support you on your journey with the condition.

**Together, we can achieve a society where no person's life is limited by epilepsy.**





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