

# A Message from Poss

May / June 2017

A big hello to all my friends!

I hope you are all well and enjoying life. I've been having a great time lately. It was Mother's Day last month and I celebrated that day with my Mum and my family. We gathered lots of fresh fruit and we gave Mum a lovely treat of breakfast in her bed! It was so nice to do something special for her. Mums are so very special.

I've also just had a big weekend as it was my birthday. I met up with some of my Little Poss Club friends and I met some new friends too. It was so much fun. We had Peebo and Dagwood come along to entertain us all. They are brothers and they are both clowns, who just like to make people happy with their jokes and tricks.

We had our faces painted by Kristy who came along to the party too. She brought all her own face paint and she even painted stars and flowers on my friends arms too! You will be able to see some of her beautiful work in the photos on the last page of my newsletter, along with some photos of my friends who came along to help me celebrate. I like to keep on celebrating my birthday, so I can meet up with as many friends as I can. Would you like to colour in my birthday picture and send it to me? It would make me feel very special. I can then send you a special surprise when I pick the best one!

Do you know anyone who has epilepsy? Do you know if they know about my Little Poss Club? It would be great if you could tell them about my club. They could join up by contacting Epilepsy Queensland. I would remember to send them a birthday card every birthday and I would send them my newsletters too! I would get to meet them at special events and at my birthday party. Stay happy!

Bye for now!

## What's coming up - Save the date!

In-house Epilepsy & Midazolam training  
at Woollongabba  
20 July  
17 August

Gold Coast Epilepsy & Midazolam training  
(Gold Coast Neurology, Benowa)  
26 July

Little Poss Appeal  
September

To register for any events please phone the EQI office -



epilepsy  
queensland  
inc

### Inside this issue:

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### Did you know?

- ◆ You can ask Dr Dudley about your epilepsy!
- ◆ You can nominate someone to 'spotlight' in the newsletter?
- ◆ You can let us know if you don't want to receive this newsletter anymore?

Just email:  
littlepss@epilepsyqueensland.com.au  
or phone: 3435 5000 or  
1300 852 853

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# **‘Spotlight On’**

## **Little Poss ‘Member’**

### **Liliana**

Hello my name is

*Liliana,*

I am 5 months old and was born 4 days after Christmas in 2016.

I am discovering new things every day (my latest is blowing raspberries)

and love to play peekaboo with my family. I also love to watch Paw Patrol & Cars on my iPad and my brother and 2 sisters watch them with me in the car as well. My best friend is Addison my Teddy Bear from Ted E Bear Connection & Epilepsy Action Australia, she is the best friend ever.

My epilepsy is really new to everyone in my family, so they are learning a heap about it & are starting to understand it. I rock out everyday wearing a pretty headband, which were specially made for my Epilepsy and I love wearing them. I laugh everyday and make people laugh with my happy and sometimes quirky personality. I look forward to whatever challenges life throws at me.

This is me at Little Poss' birthday party!





# Ask Dr Dudley

Dear Dr. Dudley,

My little sister has just been diagnosed with epilepsy. I want to be able to take care of her if she has a seizure when I am with her. She has tonic clonic seizures. Can you please give me some instructions?

Jack

Dear Jack,

Thanks for asking about seizure first aid. It's really important to know what to do when someone is having a seizure so we can keep them safe. If you see your sister or anyone else having a seizure, there are steps you can take to help them. Try and remember that seizures often don't last long and by following these steps, you can make sure the person stays safe.

1. Stay calm
2. Try and remember what time the seizure started
3. Protect the person from anything hard or sharp that might hurt them
4. Put something safe under the persons head and shoulders, like a very small pillow or a towel
5. As soon as you can, roll the person onto their side so they can keep breathing
6. Talk to the person so they know they have a friend close by.



Please don't -

- Try and hold the person down
- Put anything in their mouth!

Call an Ambulance -

- If the seizure last longer than 5 minutes
- If the person has a second seizure
- If the person has been hurt
- If the person has never had a seizure before
- If you don't know what to do
- If the person is having their first seizure.



Jack, I'm sure you will be a wonderful support for your sister if she has a seizure when you are there!

Dr Dudley

## Birthday Trivia

Interesting birthday facts, since your last birthday you will have had about **1,460 dreams**.

A long time ago, it was only kings that had birthday parties because no one else was considered important enough to have a celebration.

**"Happy Birthday To You"** is the most popular song in the English language!

For people who have seizures, it's a good idea to eat healthy food, which means avoiding lots of sugary foods, like cakes, biscuits and lollies. **BUT on your birthday, you can have some treats!**

**Today (and every day), there are at least 15 million people who are celebrating their birthday.**





Name	Suburb	Name	Suburb
Abigail	GREENBANK	Emma	TINGALPA
Amber	UPPER COOMERA	Ethan	UPPER MOUNT GRA-VATT
Arali	VARSIY LAKES	Eva	NEWPORT
Billy	FERNY HILLS	Gabe	GARBUTT
Bobby	ORMISTON	Gabriella	GORDON PARK
Bree	MIDDLE RIDGE	Gracie	REGENTS PARK
Breanna	MORAYFIELD	Harlym	KALLANGUR
Brodie	ELANORA	Harry	BRINSMEAD
Brodie	WELLINGTON POINT	Harry	ROTHWELL
Caleb	EAGLEBY	Hayden	SOUTH MACKay
Cameron	WYNNUM	Indi	BANORA POINT
Carlos	TARRAGINDI	Isabella	CHELMER
Charlie	INDOOROOPILY	Jack	DEAGON
Charlotte	HAY POINT	Jack	DALBY
Chase	KURANDA	Jacob	WELLERS HILL
Claudia	TOOGOOM	Jacob	KELVIN GROVE
Cohen	CLONTARF	Jai	BRAY PARK
Cooper	BELMONT	Jalyn	BEEBLEIGH
Cristal	HARRISTOWN	Jasmine	KEPNOCK
Dylan	MUDGEERABA	Jessica	DIDILLIBAH
Eleanor	CHAPEL HILL	Jessica	CLEAR MOUNTAIN
Elaxis	BELLBIRD PARK	Kade	MOOLOOLAH VALLEY
Elijah	REGENTS PARK	Kasey	CAMP HILL
Ella	ZILLMERE	Keely	CURRIMUNDI
Emma	GOONDIWINDI	Klara	GYMPIE

# Happy Birthday!



Name	Suburb	Name	Suburb	Name	Suburb	Name	Suburb
Knox	REDLAND BAY	Ziggi	RICHLANDS	William	EAST BRISBANE	Terry	EUMUNDI
Liam	TOORBUL	Nadia	WALKERSTON	Tayah	SHELDON	Tristan	GORDONVALE
Libby	BUDERIM	Neihara	STAFFORD HEIGHTS	Tahlia	BUCASIA	Sophia	KELSO
Linzzy	WARNER	Peta	GILSTON	Mitchell	NORTH IPSWICH	Seth	BRASSALL
Little Poss	WOOLLOONGABBA	Pyper	KINGAROY	Maryann	CLOYNA	Seth	BUCCAN
Lucy	TARRAGINDI	Rohan	MOUNT OSMANEY	Madaline	REDBANK PLAINS	Sebastian	ORMISTON
Lyennette	MANOORA	Sam	BUDERIM	Macka	TOOWONG	Sasha	JAMBOREE HEIGHTS

Knock-knock!  
Who's there?  
Abby!  
Abby who?  
Abby Birthday  
to you!

Q: What do you say to  
a cow on her  
birthday?  
A: Happy Birthday to Moo!

Q: What is the left  
side of a birthday  
cake?  
A: The side that's  
not eaten.

Q: What did the  
birthday balloon  
say to the pin?  
A: "Hi, Buster."

Q: What did the elephant  
wish for on his birthday?  
A: A trunkful of presents!

Q: Does a pink candle burn  
longer than a blue one?  
A: No, they both burn shorter!

Q: What party game  
do rabbits like to  
play?  
A: Musical Hares.

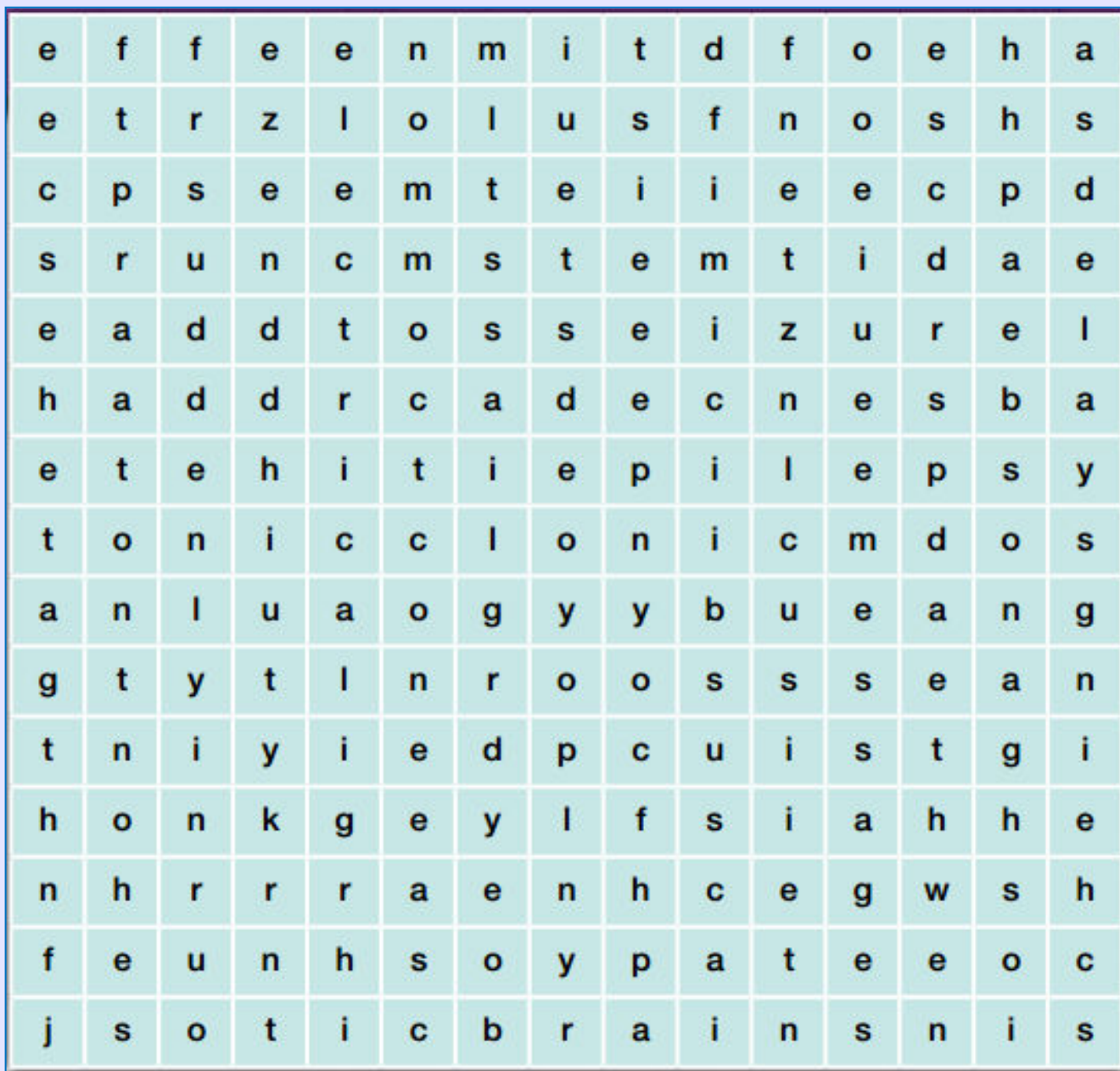
Q: What does a clam do  
on his birthday?  
A: He shellabrates!

Q: What is an elf's  
favourite kind of birthday  
cake?  
A: Shortcake!



# Little Poss' word search and recipe!

Can you find the 15 hidden words about epilepsy?



1. epilepsy
2. common
3. brain
4. seizure
5. electrical
6. messages
7. absence
8. tonic clonic
9. stiff
10. muscles
11. jerking
12. focal
13. confused
14. suddenly
15. medication

## My birthday cupcake recipe!

Ingredients:

*Some help from an adult!*

200grms soft unsalted butter

1 teaspoon vanilla extract

1 cup sugar

3 eggs

2 1/2 cups self raising flour

1/2 cup milk

Method:

Using an electric mixer, beat butter, vanilla and sugar in a small bowl until light and fluffy. Add eggs, 1 at a time, beating after each addition (mixture will separate at this stage). Transfer mixture to a large bowl. Stir in half the flour. Stir in half the milk. Repeat with remaining flour and milk until combined.

For 1/3 cup muffin pans use 2 level tablespoons of mixture. Bake for 15 to 17 minutes. Stand for 2 minutes.

Transfer to a wire rack to cool.



*If you would like to put purple icing on your cup cake, here's how:*

You will need some purple food colouring and an adult to help you! Place 250grms of butter in a large mixing bowl. Use an electric beater to beat for 2 minutes or until very light and fluffy.

Gradually add 3 cups of icing sugar and mix until it is very pale and fluffy. Then add the milk and mix until combined. Spread or pipe onto your cupcake and try not to lick the spoon! Enjoy!

It's my birthday! Can you colour me in and decorate me for my birthday??  
I'd like a party hat, maybe a mask or maybe even ribbons in my hair! Or some striped shorts!  
You can decide!



**WE RESPECT YOUR PRIVACY**

We hope you enjoy reading our Little Poss Newsletter.  
However, if you do not wish to receive the Little Poss newsletter anymore, please let me know by  
calling  
07 3435 5000 / 1300 852 853 (regional Queensland) or emailing  
[services@epilepsyqueensland.com.au](mailto:services@epilepsyqueensland.com.au).



Some of my wonderful friends who came to my party!

