

## HEADACHE PLAN

Identifying triggers for your headaches is an important part of the treatment plan.

The most common triggers for headaches and migraines include:

- Insufficient sleep (both quantity and quality of sleep)
- Dehydration
- Poor eating habits

    Skipped meals

    “Sense of low blood sugar” before a meal

Regular ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) use

Once your trigger is identified we can work to prevent having headaches!

At the start of the headache, drink 1-2 cups of water (or more as directed by your pediatrician)

1. Have a healthy snack
2. If possible, have a short 30 minute nap
3. If the headache persists 30-60 minute later, try a dose of ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) with another 1-2 cups of water.

These medications may take an additional 30-60 minutes to work.

4. Record headache in your diary and try to identify what triggered this headache.