



INFINITY
PEDIATRICS

220-5010 Richard Rd SW
Calgary, AB T3E 6L1

P: 403 727 5055
F: 403 727 5011

info@infinitypediatrics.ca
www.infinitypediatrics.ca

Dr. Lauren Redgate
Dr. Kristin Evashuk

HEADACHE PLAN

Headache Diary

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
- Caffeine

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

For information on a headache diary, please see page 4 of the Headache handout on www.infinitypediatrics.ca

Headache Plan

1. At the start of the headache, drink 1-2 cups of water (or more as directed by your pediatrician)
2. Have a healthy snack
3. If possible, have a short 30 minute nap
4. If 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.
5. Record headache in your diary and try to identify what triggered this headache.