



**INFINITY**  
PEDIATRICS

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## 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](http://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.