



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

HEADACHE PLAN

HEADACHE PREVENTION

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)
- Inadequate hydration
- Poor eating habits/skipping meals
- Regular ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) use

We can work to prevent headaches!

The majority of children and teens have significant improvement in their headaches with "lifestyle modification":

- 1) Drink 2-3 L of water per day (8-12 cups)
- 2) Get an age appropriate amount of sleep (at least 9 hours in teens!)
- 3) Do NOT skip any meals, particularly breakfast
- 4) Get physical activity every day

Tracking your headaches using a "headache diary" is helpful to identify other triggers (see "Headaches" handout on our website)

HEADACHE TREATMENT

1. At the start of the headache, drink 1-2 cups of water (or more as directed by your pediatrician) and have a snack
2. If possible, rest in a dark, quiet room
3. Take an appropriate dose of ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) **do not take more than 3 times per week to avoid "overuse" headaches*
4. Record headache in your diary and try to identify what triggered this headache.