

# THINGS PARENTS SHOULD KNOW ABOUT MIGRAINE

## EDUCATE YOURSELF ABOUT MIGRAINE

The more you can learn about migraine disease, the easier it will be to navigate this road with your child. You can learn more at [MigraineAtSchool.org](http://MigraineAtSchool.org)

## NOT ALL MIGRAINE SYMPTOMS ARE HEAD PAIN

There are many other symptoms to migraine disease. Nausea, vision changes, ear discomfort and more. See your child's packet for more information.

## TAKE MIGRAINE SERIOUSLY

There is a lot of stigma surrounding this disease. Migraine pain is often misunderstood. It is important to remember it is not just a headache.



## MAKE AN APPOINTMENT FOR YOUR CHILD TO SEE A DOCTOR

Getting a proper diagnosis is the first step to getting the help your child needs. See the next page to learn more.

## HELP YOUR CHILD GET THE CARE THEY NEED

Whether its tracking their migraine, changing sleep habits or eating healthier meals, there are many ways to help manage migraine. See the next page to learn more.

## YOU ARE NOT ALONE

10% of school-age children suffer from migraine, and up to 28% of adolescents between 15-19 years are affected by it. Visit [MigraineAtSchool.org](http://MigraineAtSchool.org) to find support groups and more information.

# STEPS PARENTS CAN TAKE TO GET THEIR CHILD THE CARE THEY NEED

**1**

Make an appointment with their doctor to discuss migraine.

**2**

Make sure they are working with a health care professional that is willing to diagnose and help treat migraine. A headache specialist would be best.

**3**

Help your child manage lifestyle choices

- Less screen time
- Eating migraine healthy meals
- Staying hydrated
- Good sleep hygiene
- Manage stress - meet with a pain psychologist or other mental health professional to identify coping strategies

**4**

There are accommodations available for your child, just ask. If their migraine is more severe look into a 504 or IEP plan.



## **SOME POSSIBLE 504 ACCOMMODATIONS**

Schedule non critical classes in the morning as it is more difficult to do heavy thinking.

Allow student to take his/her medication(s) at onset/worsening of migraine and allow them to rest in a dark/dimly lit, quiet area.

Extended time to complete assignments to be determined between the student and teacher.

Modify assignments by parsing down schoolwork to the minimum necessary to learn new concepts.

Study guides, peer and/or teacher notes to supplement missed classroom time.

Allow the student to give reports, answer homework questions and test questions orally when necessary.

Use of a scribe for reports and written work/tests as needed.

Extended time to take tests.

Testing should be in a quiet, dimly lit room.

Testing should not exceed two hours (or as tolerated).

Breaks during testing as needed - should not count as testing time.

Access to a calculator for all math and science requiring calculations.

No scantron tests.

Take ACT and SAT tests over multiple days - taking only one section per day.

Modified PE as tolerated.

Access to school counselor/social worker for anxiety/depression.

Access to water at all times, as hydration is essential.

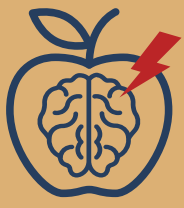
Bathroom breaks as necessary due to encouraged hydration.

Student can have snacks when needed.

Attendance is the goal; however, late arrival, leaving school early and migraine related absences will be excused.

Allow the student to contact their parent or legal guardian when needed.

Never question whether a student is being truthful if they say they have a headache/migraine. Believe them!



# MIGRAINE AT SCHOOL



## WHAT CAN YOU DO TO HELP?

Migraine at School gives you an opportunity as a parent to be an advocate - for your child and other future students. The Migraine at School team will provide you with printed materials, online training opportunities, a private Facebook community, and support from team members.

**[MigraineAtSchool.org/Ambassador](https://MigraineAtSchool.org/Ambassador)**