

YOUR CHILD MAY HAVE MIGRAINE*

* IT COULD ALSO BE CLUSTER OR ANOTHER HEADACHE DISEASE

MAKE AN APPOINTMENT WITH YOUR CHILD'S HEALTHCARE PROVIDER

Migraine is not just a headache. The only way to find out if your child has migraine, cluster, or another headache disease is to talk with your child's healthcare provider about the impact of headaches* in his or her everyday life. This worksheet is designed to help you take a closer look at your child's headache impact and talk with your healthcare provider to decide if you need help managing your child's headache pain.

**Migraine can be characterized by many symptoms, including head pain, nausea, stomach pain, temporary vision changes, ear discomfort/pressure, and dizziness. Migraine is genetic and can present very differently in children than it does in adults.*

CHECK EACH
BOX THAT
APPLIES TO
YOUR CHILD



- My child's headaches and/or stomach pain disrupt my child's daily life and have limited his/her activities.
- My child's headaches are accompanied by sensitivity to light and/or sound.
- My child's headaches make him/her nauseous.

CIRCLE THE NUMBER ON THE RIGHT THAT CORRESPONDS TO EACH STATEMENT ON THE LEFT

- My child has missed ____ days of school over the past 3 months due to headaches and/or stomach pain. **0** **1** **2** **3** **4+**
- My child has missed ____ days of family, social, and extracurricular activities over the past 3 months due to headaches and/or stomach pain. **0** **1** **2** **3** **4+**
- My child had ____ days of headaches and/or stomach pain over the past 3 months. **0** **1** **2** **3** **4+**

MIGRAINE IS A NEUROLOGICAL DISEASE AFFECTING 10% OF CHILDREN AGES 5 - 15 AND UP TO 28% OF ADOLESCENTS



MIGRAINE AT SCHOOL

A Program by the Coalition for Headache & Migraine Patients a 501c3