

Understanding headaches in children

There are two basic types of headaches: primary and secondary. Tension-type headaches and migraines are the most common type of primary headaches. Secondary headaches are caused by conditions such as an infection or injury, and usually go away once the condition is treated.



Symptoms

Tension headaches

- Starts slowly, lasts from 30 minutes to a week
- Dull, squeezing pain on both sides of the head
- Mild to moderate in intensity
- Intensity does not increase with activity
- Tension in the back part of the head or neck

Migraines

- Lasts anywhere from one to 48 hours
- Throbbing pain on one side of the head
- Moderate to severe in intensity
- Intensity increases with activity
- Nausea/vomiting
- Sensitivity to light/sound

Diagnosis and treatment

To determine the type of headache, your doctor will perform a physical and neurological exam. You will also discuss any family history of headaches, your child's lifestyle habits and details about their headache (location, duration, triggers, etc.). In complex cases, brain imaging tests may be recommended.

Primary headaches are commonly caused by dehydration, hunger, sleep deprivation, caffeine or hormonal changes. Treatment may include changes in sleep habits, eating patterns or fluid intake. Stress-reduction techniques (mindfulness or yoga) may also be helpful. If headaches worsen or interfere with regular activities, your child may be referred to a neurologist for advanced care.



By the age of 18, more than 90% of children and adolescents will experience at least one headache.



Importance of healthy lifestyle habits

Restful sleep, a healthy diet and regular physical activity are crucial to a child's overall health and development. Children should be sleeping eight to 10 hours each night. Throughout the day, they should eat small, frequent meals, drink plenty of water and participate in physical activity.



Headaches In Children Practical Informative Guide For Parents Teachers

L Darling-Hammond



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Migraine Joan Raymond,2003 It s not just another headache when a migraine strikes life stops while you deal with the blinding pain sometimes accompanied by debilitating nausea impaired sight and sensitivity to light sound and smell Unfortunately many of the recommended cures just don t work Find out exactly what a migraine is and isn t using the checklist of symptoms and how to find relief What are the newest remedies and who can they help Does what you eat make a difference Do hormone levels help cause migraines And why do women experience these killer headaches so much more than men You ll see how to get the right diagnosis and be your own best advocate There s no need to suffer anymore because this advice offers a variety of solutions to help you feel better **Handbook of Child Behavior Therapy** T. Steuart

Watson, Frank M. Gresham,2013-06-29 The genesis of this book occurred several years ago provide readers with not only the what to do of child behavior therapy but the how to do it as in Seattle on the veranda of a Chilean cafe overlook well Each of the chapters guides the reader through ing Pikes Place Market during a National Association of School Psychologists conference We were the clinical decision making process from identifying a problem to evaluating the effectiveness of a discussing along with several other behavioral school psychologists how the field of child behavior chosen intervention One of the difficulties in assembling an edited analysis and therapy has experienced rapid growth over the past forty years but lamenting that books in book is ensuring a high degree of continuity and the area did not reflect the advancements made in the similarity between chapters without infringing on assessment and treatment of a wide variety of prob the individual writing style of the authors This lem behaviors evidenced by children That is not to book is certainly no exception To help with conti say that there are no good books available to the child nuity we provided the authors with an outline to use behavior therapist In fact most readers of this book as a guide as they prepared their manuscripts The undoubtedly have bookshelves lined with noteworthy operative word here is guide **Practical Treatment Options for Chronic Pain in**

Children and Adolescents Michael Dobe,Boris Zernikow,2013-07-10 Pain is an increasingly common symptom in children and adolescents and nearly 5% of the paediatric population now suffer from severe chronic pain conditions This manual describes the inpatient treatment programme of one of the world s largest treatment facility for chronic pain in children The German Paediatric Pain Centre and the guidance provided is also applicable to outpatient pain management Epidemiology aetiology diagnostics and treatment principles are all examined in detail Criteria for inpatient treatment are explained and the structure and organisation of a treatment centre for chronic pain are described Therapeutic interventions are presented with the aid of many examples of pain management and health care from clinical practice Special features of pain therapy for children and adolescents suffering from comorbid mental disorders family difficulties or physical complaints are also discussed **A Little Guide for Teachers: Engaging Parents and Carers with School** Emma Kell,Clemmie

Stewart,2022-10-28 A Little Guide for Teachers Engaging Parents and Carers with Schools builds on author experience and

findings from the spotlight thrown on home school relationships during Covid 19 to provide teachers with effective strategies to enhance these relationships and instill confidence in teachers working with parents The Little Guide for Teachers series is little in size but BIG on all the support and inspiration you need to navigate your day to day life as a teacher Authored by experts in the field Easy to dip in and out of Interactive activities encourage you to write into the book and make it your own Fun engaging illustrations throughout Read in an afternoon or take as long as you like with it This may be pitched as a little guide but goodness me it s packed with wisdom and practical advice that any professional working in our school system will find absolute gold dust when it comes to the sometimes tricky challenge of parental engagement Building not only the authors many years of personal experience the guide draws on their own research and that of many other leaders in this field to create a superbly grounded yet optimistic set of ideas tips and reflection points I love how the authors challenge so many orthodoxies such as flipping the concept of the hard to reach family into the hard to reach school Throughout the book is an implicit thread that will be familiar to those versed in the principles and power of effective coaching exploring important topics such as building relationships listening and getting the right tone and balance in all communication This is a refreshing accessible and eminently practical guide in an often neglected area that will be invaluable for teachers and leaders at all levels within schools Highly recommend Andy Buck best selling author speaker trainer and coach

A *Practical Guide to Child and Adolescent Mental Health Screening, Evidence-based Assessment, Intervention, and Health Promotion* Bernadette Mazurek Melnyk, Pamela Lusk, 2021-10-28 This book is a thorough and relevant first step for health professionals to learn about mental health disorders among children and adolescents from diagnosis to treatment to resources and prevention Richard H Carmona MD MPH FACS 17th Surgeon General of the United States From the Foreword Updated with new research findings and best evidence based practices the third edition of this quick access guide aids practitioners in preventing screening diagnosing and managing children and adolescents who present with mental health symptoms and disorders This new edition describes key changes in the field with an emphasis on trauma and stressor related disorders cognitive behavioral therapy skills building suicidal and self harming behaviors substance abuse disorders prescribing antidepressants to youth and promoting mental health in schools New and updated screening tools instruments and interventions add to the therapeutic arsenal along with diagnostic criteria case studies and risk factors In addition this guide delivers new information on care for the caregiver and new technologies to enhance life balance The third edition continues to deliver the essential nuts and bolts of evidence based content in a practical and user friendly format Grounded in DSM V criteria and diagnoses with a holistic view of the patient this guide contains a wealth of resources including screening tools parent patient handouts and other resources to educate families about mental health disorders and ways to foster patient wellness New to the Third Edition Describes new evidence based programs to enhance mental health and well being Presents updated educational materials for families and caregivers Featured chapters Evidence based Assessment and

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Introduction to Child and Adolescent Psychopathology Robert Weis,2025-10-21 Introduction to Child and Adolescent Psychopathology provides a comprehensive and practical guide to understanding mental disorders and their evidence based treatments The Fifth Edition includes updated research throughout with special attention to developments since the COVID 19 pandemic and features case studies and pedagogy designed to help students understand and retain the material **The Zuckerman Parker Handbook of Developmental and Behavioral Pediatrics for Primary Care** Marilyn Augustyn,Barry S. Zuckerman,Elizabeth B. Caronna,2010-09-29 The thoroughly updated Third Edition of this popular handbook provides practical guidance on diagnosing and treating children with developmental and behavioral problems in the primary care setting Chapters written in outline format address topics ranging from everyday problems such as biting and social avoidance to serious and complex psychiatric disorders such as anorexia and depression This edition includes new chapters on dealing with difficult child behavior in the office alternative therapy for autism spectrum disorders treatment of autism spectrum disorders oppositional defiant disorder bilingualism health literacy incarcerated parents and military parents Recommended readings for physicians and parents are included A companion website includes the fully searchable text [Headaches in Children](#) Leonardo García-Méndez,1996 **Principles and Practice of Pediatric Oncology** Philip A. Pizzo,David G. Poplack,2015-06-24 Now thoroughly updated to include new advances in the field and with regular content updates to the eBook Principles and Practice of Pediatric Oncology 7th Edition remains the gold standard text for the care and research of children with cancer This authoritative reference is the single most comprehensive resource on the biology and genetics of childhood cancer and the diagnosis multimodal treatment and long term management of young patients with cancer Also addressed are a broad array of topics on the supportive and psychosocial aspects of care of children and families Covering virtually every aspect of the breadth and depth of childhood cancer this 7th Edition provides expert guidance on state of the art multidisciplinary care for children and families Stay up to date with the most recent advances in the field with the contributions by new and returning contributors including the perspective from patients and parents in the chapter titled The

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A Parent's Guide to Learning Difficulties Peter Westwood, 2008 The author provides parents with an explanation of the many causes of children's problems in learning and includes practical advice for helping children with reading writing and mathematics The focus is on ordinary children with general learning difficulties but information is also provided about teaching and managing children with intellectual physical and sensory disabilities as well as autism Back cover ed

All-in-One Nursing Care Planning Resource - E-Book Pamela L. Swearingen, Jacqueline Wright, 2019-01-14 NEW UNIQUE Interprofessional patient problems focus familiarizes you with how to speak to patients and other medical colleagues in the consistent interprofessional language of patient problems rather than the nursing specific language of nursing diagnosis NEW Care plans helps you to support the lesbian gay bisexual transgender queer questioning or intersex patient NEW Updated content throughout reflects the latest evidence based treatment guidelines and national and international clinical practice guidelines

Maternity and Pediatric Nursing Susan Scott Ricci, Terri Kyle, 2009 Authors Susan Ricci and Terri Kyle have teamed up to deliver a unique resource for your students to understand the health needs of women and children This new combination book Maternity and Pediatric Nursing will empower the reader to guide women and their children toward higher levels of wellness throughout the life cycle The textbook emphasizes how to anticipate identify and address common problems to allow timely evidence based interventions Features include unfolding case studies throughout each chapter multiple examples of critical thinking and an outstanding visual presentation with extensive illustrations depicting key concepts A bound in CD ROM and a companion Website include video clips and NCLEX style review questions

Handbook of Clinical Child Psychology C. Eugene Walker, Michael C. Roberts, 2001-01-30 The increasing focus on children's welfare has given rise to tremendous growth in the field of child psychology and the past decade has witnessed significant advances in research in this area

American Book Publishing Record, 1996-05

Childhood Headache Ishaq Abu-Arafeh, 2002-01-21 Clinics in Developmental Medicine No 158 Over the past 10-15 years there has been a significant increase in the understanding of migraine and tension headache in children but there is currently no single source of current information for paediatric neurologists and paediatricians In this book an international team of experts in the headache area addresses that gap and provides an extensive and detailed review of the

recent findings in migraine and tension headache as well as headaches caused by underlying neurological disorders They give an up to date assessment of the causes of childhood headache and better definitions and criteria for diagnosis pointing the way to important future areas of research This book with its evidence based plans of management and guidelines for investigations will be essential reading for all clinicians treating headache in children *Learning Disabilities Information for Teens, 3rd Ed.* James Chambers, 2020-08-01 Provides consumer health information for teens on identifying diagnosing and living with various types of learning disabilities Includes an index and a directory of organizations to provide help or support for those with learning disabilities The Teacher's Journal ,1909

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