



CARING FOR YOUR HEADACHE DISORDER MIGRAINE MANAGEMENT FOR CAREGIVERS

Our mission is to improve the lives of migraine patients and their families and ultimately help find a cure.

It can be very difficult to see your child in pain for days on end. Often, parents may feel helpless as they try to ease their child's suffering. Parents can play an active role in their child's recovery from severe headaches. Listed below are tips that have helped other patients suffering from chronic pain.

- Remove the focus on headaches.
 - Avoid asking your child questions about the headaches.
 - Let your child bring it up to you. Trust that your child will come to you for help if needed.
- Encourage and praise normal activity whether or not your child is experiencing a headache.
 - Encourage attendance in school, completion of daily chores, and participation in regular activities.
 - Do not remove responsibilities in response to headaches.
- Provide different consequences on days when your child's activities are disrupted because of headaches.
 - If school or other important responsibilities are missed because of pain, the child should not be permitted to do special things like watch TV, use an iPod or cell phone, or play games (even if pain resolves later in the day).
 - A day with severe head pain and missed activities should be low-key, quiet, and not filled with activities.
 - The goal is for your child to want to engage in positive "well behaviors" outside of the home.
- Encourage independent management of headaches.
 - If your child reports a headache, encourage the use of relaxation skills.
 - A good response to a complaint of a headache is "I am sorry to hear you are in pain."
 - What do you think you can do right now to help your headache?"
 - Do not give your child extra attention.
 - When your child complains of a headache, reduce attention such as extra

privileges or sympathy.

- Encourage active coping behaviors instead.
- This will help increase your child's confidence in their ability to manage headaches.