

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

**Marilyn Augustyn, Barry S.
Zuckerman, Elizabeth B. Caronna**



Headaches In Children Practical Informative Guide For Parents Teachers:

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

Resources in Education ,2001 **Headaches in Children** Leonardo García-Méndez,1996 **Nerve Waste: Practical Information Concerning Nervous Impairment in Modern Life** Herbert Carleton Sawyer,1889 conquering headache , *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 Management of Trauma and Stressor Related Disorders Evidence based Assessment and Management of Adverse Childhood Experiences Evidence based Assessment and Management of Substance Abuse and Addiction Spectrum Evidence based Assessment and Management of Anxiety Disorders Evidence based Assessment and Management of Depressive Disorders Promoting Mental Health in Schools Self Care for Clinicians Who Care for Children and Adolescents with Mental Health Problems Key Features Provides a tool kit for healthcare professionals to enhance care and improve outcomes Contains a variety of valid and reliable screening tools for mental health disorders in children and teens Addresses concise evidence based assessment and management guidelines Includes downloadable access to patient education handouts resources and a variety of other resources for children teens and parents *Subject Guide to Children's Books in Print 1997* Bowker Editorial Staff,R R Bowker Publishing,1996-09

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 **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 *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 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 Environmental Health Perspectives ,1993 **Encyclopaedia Of Child Care Welfare And Guidance In 2 Vols.** Vijaya Wadhwa, 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 Other Side of the Bed Reference your eBook version for key updates in the field during the life of the edition Chapters included on palliative care and education Supportive care is covered broadly and specifically in contexts such as emergencies infectious disease and nutrition The most updated and authoritative information is provided by the leading experts in the field Gain a thorough understanding of every aspect of pediatric oncology with comprehensive information regarding basic science diagnostic tools principles of treatment and clinical trials as well as highly detailed definitive coverage of each pediatric malignancy Collaborate more effectively with others on the cancer care team to enhance quality of life issues for patients and families Understand the cooperative nature of pediatric oncology as a model for cancer research with information from cooperative clinical trial groups and consortia

Practical Paediatrics Don M. Robertson, M. J. South, 2007-01-01 This is a comprehensive textbook of paediatrics that describes childhood disease within the context of social determinants of illness such as genetic origins and social factors The emphasis is on differential diagnosis from a presenting problem viewpoint making it suitable for any problem based learning style of curriculum The new 6th edition is more comprehensive and more concise the clinical focus is made even stronger with clinical examples There are more images and the full text is online at StudentConsult along with self assessment further reading and web links New co editor Mike South Fully updated rewritten and extended detailed treatment of paediatric illnesses arranged by systems Takes into account social factors in paediatrics the family problems of adolescence etc Clinical examples clearly signposted are used throughout New chapters include obesity in children and adolescents child health in a global context child and adolescent gynaecology Online version of text available on Student Consult Self assessment section and further reading as well as web links now online

Health Promotion Throughout the Life Span - E-Book Carole Lium Edelman, Elizabeth Connelly Kudzma, 2017-07-25 Promote health and wellness for all ages and population groups Health Promotion Throughout the Life Span 9th Edition provides a comprehensive guide to leading health promotion concepts from assessment to interventions to application Its lifespan approach addresses patients unique needs with case studies and care plans with an assessment framework based on Gordon s Functional Health Patterns New to this edition is expanded coverage of genomics and QSEN competencies Written by nursing experts Carole Edelman and Elizabeth Kudzma this bestselling text covers all the latest

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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

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