



Management Of Headaches In Children



Headache education

Recognizing triggers such as stress, insufficient sleep, and certain foods with doctor guidance and patient education.

Abortive medications

Acetaminophen and ibuprofen target blood vessels in the head to halt ongoing headaches.



Rescue medications

Over-the-counter pain relievers, such as acetaminophen, alleviate headaches.

Preventive medications

Prescribed drugs and supplements (vitamin B2, magnesium) aid in averting acute migraines.



Behavioral management

Teaching children pain-coping techniques such as biofeedback and relaxation methods.

Stress management

Alleviate headache pain and frequency by employing deep breathing, mindfulness, mental imagery, music therapy, and counseling.



Reference:

1. Headaches in Children: Causes, Types & Pain Relief; Cleveland Clinic