

School guidelines: Recurrent headaches and migraines



This information is intended for school staff and teachers. The treatment of headaches includes a combination of **lifestyle changes, stress management skills, and medicines.**

Children with headaches should be encouraged to attend and stay at school. The following guidelines offer some general strategies for handling headaches or migraines at school. It is best to use these strategies in this order:

1. **Eating and drinking**

- Allow use of a water bottle to stay hydrated.
- Allow the student to use the restroom as needed.
- Allow student to eat snacks during the day to help blood sugar.

2. **Rest to reduce stress**

- Provide a quiet resting place during pain.
- Allow student to leave class without drawing attention.
- Give student short breaks of 10 to 20 minutes, then expect them to return to class.

3. **Medicine**

- Allow the student quick access to medicines to help control pain.
- Follow dosing as written by medical staff.
- Keep extra doses at school.

4. **Academic help and support**

Headaches can make concentration and learning hard. Some students may need:

- Extra school support or other accommodations.
- A Health Plan or 504 Plan to address a health concern.
- Individual Education Plan (IEP) to address learning difficulties.

Other helpful suggestions:

- If the student has vomiting with the headache or migraine, allow them to rest, recover, and return to class.
- If they went home, they can return to school the next day.
- Encourage them to return to school during the day if their headache improves while they are at home.
- Students should not be kept out of school or return the next day because of vomiting due to a headache.

ALERT: Call Jane B. Pettit Pain and Headache Center, 414-266-2775, if you have any concerns or the student has special health care needs not covered by this information.

This document was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up