

Printable Checklist: Quick-Reference Guide for Handling Migraine Attacks in Children

Step 1: Recognize the Signs

- Watch for early symptoms: irritability, sensitivity to light/sound, or complaints of headache.
 - Check for common triggers: skipped meals, dehydration, or stress.
-

Step 2: Act Quickly

- Move your child to a quiet, dimly lit room.
 - Offer water or a hydrating beverage.
 - Apply an ice pack wrapped in a soft cloth to their forehead.
 - Encourage them to lie down and rest.
-

Step 3: Administer Safe Medication

- Give acetaminophen or ibuprofen (check dosage for your child's age/weight).
 - Avoid aspirin for children under 14 due to the risk of Reye's syndrome.
 - Monitor their response—note any relief or persistent symptoms.
-

Step 4: Complementary Relief Techniques

- Gently massage their feet or stroke their hair (if soothing).
 - Apply a cool compress infused with diluted peppermint or lavender oil.
 - Use anti-nausea wristbands or press anti-nausea points.
 - Try guided imagery or play a relaxation audio track.
-

Step 5: Monitor Progress

- Check on your child every 30–60 minutes.
 - Provide a small snack or drink (if nausea allows).
 - Repeat medication after 4 hours, if needed and within dosage limits.
-

Step 6: Seek Medical Help If

- Symptoms persist beyond 24 hours.
 - Vomiting or severe nausea continues despite remedies.
 - Your child exhibits unusual behavior or confusion.
 - Headache intensity increases significantly.
-

Keep this checklist handy for quick action during a migraine attack. Consistency and preparation can make all the difference in supporting your child.