

Headache management

Patient family information sheet

At Children's Healthcare of Atlanta, we want your child to get the care they need. Most headaches are treated or prevented with simple changes in your child's daily activities. So, before we schedule an appointment with a specialist, we recommend trying the following lifestyle adjustments:

- Get eight to 10 hours of sleep each night.
- Drink enough water.
 - Your child should drink 1 ounce of water for each pound he weighs. For example, if your child weighs 50 pounds, he should drink 50 ounces of water each day.
 - Your child should not drink more than 100 ounces of water each day.
- Eat three balanced, healthy meals each day. Your child should not skip breakfast.
- Limit or have no caffeine.
- Exercise for at least 30 minutes a day, three to five days each week.
- Your child may also try:
 - Reducing stress and anxiety
 - Meditation or mindfulness
 - Deep breathing
 - Speaking with a psychologist or psychiatrist

Does my child need any medical tests?

We understand you want to make sure everything is OK with your child. Our team wants to make sure your child gets the tests he needs at the right time.

Your child may not need any tests. We want to limit:

- Stress; tests could lead to more stress for you and your child.
- Your child's exposure to radiation.
- Your healthcare costs.

What else do I need to know?

We follow certain guidelines to make sure radiation levels are as low as possible.

- Radiation doses are based on:
 - The part of your child's body that needs a scan
 - The number of recent scans
 - Your child's weight
- Each child's scan is customized. This allows us to reduce the amount of radiation your child is exposed to by up to 50 percent (as compared to adult services).

This handout contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.