

MIGRAINES IN CHILDREN

Guidance for Parents

Children may experience headaches for many reasons, including tiredness, dehydration, stress, illness, or underlying medical conditions.

But a migraine is more than a headache. It's a neurological condition that can cause significant head pain and other symptoms, even in children.

Common signs of migraines in children

- Moderate to severe head pain
- Sensitivity to light, sound or smell
- Feeling sick or being sick
- Visual changes (such as flashing lights or blurred vision)
- Needing to rest in a quiet, dark place

Symptoms can last from a few hours to several days.

Triggers vary from person to person but may include:

- Lack of sleep or changes to sleep routine
- Dehydration
- Skipped meals or irregular eating
- Certain foods (such as caffeine, chocolate, aged cheeses, or processed foods)
- Stress or anxiety
- Hormonal changes
- Loud environments
- Bright, flickering lights or glare
- Excessive screen use
- Strong smells
- Heat or sudden weather changes

Good to know

Migraine symptoms and triggers can be different for each person and are often influenced by a combination of factors.

Patterns and triggers may change over time, but keeping a **simple symptom diary** can help identify them.



How school staff support pupils

If your child experiences head pain at school, staff may:

- Offer a quiet place to rest
- Encourage hydration
- Record symptoms and frequency
- Share observations with you

Schools do not diagnose migraines or provide medical advice.



When should I seek medical advice?

You should speak to your GP if your child:

- Has frequent or severe headaches
- Experiences headaches that disrupt daily life
- Has symptoms that worsen or change
- Experiences head pain with fever, confusion or after injury

Supporting your child

- ✓ Encourage regular meals and hydration
- ✓ Support good sleep routines
- ✓ Help them manage stress
- ✓ Follow healthcare plans provided by medical professionals

