



Headache Diary

This diary will give you a snapshot of your headaches and how you're doing with treatment. Use it to partner with your doctor to help you feel better.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total weekly headaches
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	
Total monthly headaches							

Use this calendar to record the time of your headache, medications taken, level of pain, and if you got relief.

Example:

Wednesday
1:00–2:00 p.m., moderate pain, Tylenol (325 mg), got relief

Note anything that triggers your headaches.

Describe symptoms before and during your headaches.

HEALTH EDUCATION

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

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Headache Diary For Kids

Lime Journals



Headache Diary For Kids:

Headache Diary Aries Publications, Aries Health Books, 2019-04-08 This Headache Diary is an easy to use log book and tracker for young children and teenagers It helps to record and identify all aspects of an attack including date time location of pain weather hours of sleep severity of the headache and treatments measures which help relieve the pain Children with chronic and high frequency migraines and headaches will be able to record each headache as it occurs on a daily basis It will be easier to discuss the location frequency and severity of the headaches and diagnose the type of headache migraines cluster headaches tension headaches or headaches due to other causes Migraine triggers like food and stress can be identified The flexible sturdy cover and the small size 6x9 makes the diary convenient and easy to carry in a backpack or handbag Interior 100 pages Enough space on each page to mark the location of the headache time started ended duration weather other symptoms Also plenty of space for additional notes if there are specific patterns that need to be tracked Buy this diary for your child today he she can just check things off and add one word answers to get a great headache tracker and logbook My Headache Diary Aries Publications, Aries Health Books, 2019-04-06 Does your child frequently complain of headaches Is he or she unable to identify any specific trigger factors which could be causing the headache This is an easy to use diary for children and teenagers Keeping a headache diary monitoring the frequency duration and severity of the headaches can help in the management of your kid s headache It will help identify trigger factors like different types of food dehydration stress sleep issues reaction to light etc This diary is super easy to use and your child will be able to handle it herself Once she is taught how to use it she can tick off the relevant markers and add one word answers without any adult help Interior consists of 100 pages Space to record the time of start and end of a headache Face markers to identify the location of a headache Markers to indicate the intensity of the headache in a range of 1 10 List of Trigger factors which can be ticked off Space for additional notes Buy this headache diary today *Headaches Suck* Camley Press, 2019-06 This 100 page 6 by 9 inch a little bigger than an A5 daily diary gives you approximately 3 months worth of pages to track factors that may be contributing to triggering migraine headaches It is filled out every day not just when you have a headache so that it s easy to spot trends and factors that may be leading up to and contributing to headaches Note that this logbook is intended for children as it does not include alcohol or hormonal triggers For versions for men and women please see this brand s other options **Headache Diary** Lime Journals, 2019-11-05 The blank headache diary has spaces to write medical contacts date time weather hours of sleep type of pain temperature pain level triggers medication food activity the location of the my headache and plenty of space for additional notes if there daily weekly or monthly specific patterns you want to track The 100 page simple chronic migraine headache diary makes a perfect gift for patients who plan to visit a neurologist headaches and migraine sufferers to write pain relief remedies and measures Headache Journal Lime Journals, 2019-11-09 The migraine headache journal tracker makes it easy to keep track of pain location food weather activity triggers and medication

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Health Promotion Throughout the Life Span Carole Lium Edelman,Carol Lynn Mandle,Elizabeth C. Kudzma,2013-01-01 Up to date and easy to read this textbook provides comprehensive coverage of all major concepts of health promotion and disease prevention It highlights growth and development throughout the life span emphasizing normal development as well as the specific problems and health promotion issues common to each stage All population groups are addressed with separate chapters for individuals families and communities Provided by publisher

Pediatric Headache - E-Book Jack Gladstein,Christina L. Szperka,Amy A. Gelfand,2021-10-13 Covering the topic of headache in children from the viewpoint of both primary care and neurology Pediatric Headache provides concise authoritative guidance on all aspects of this multifaceted subject Drs Jack Gladstein Christina Szperka and Amy Gelfand each an expert in pediatric headache contribute their considerable knowledge and expertise to assist neurologists pediatricians and primary care providers in providing optimal care to young patients Offers concise guidance on diagnosis and treatment of pediatric headache from both a primary care and neurologist s point of view Covers traditional treatment options such as medication devices and behavioral interventions as well as sleep diet exercise and stress management recommendations Discusses the important issue of patient advocacy for providers and families Provides support for school age patients with samples of school letters and other patient material resources for providers to share with families

Prevention ,2006-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

Managing Childhood Anxiety For Dummies Natasha Burgert,2025-08-11 Understand what child anxiety is how to treat it and how to support and encourage anxious children Anxiety is the most common mental health condition in young children Managing Childhood Anxiety For Dummies is the go to resource for parents of young children who suspect their child may be experiencing anxiety but aren t sure where to start Learn to recognize the symptoms of anxiety in kids who may be too young to explain how they re feeling and get expert advice on supporting them with proper treatment and guidance Find answers to questions like When is worry normal and when it is a sign of anxiety Which interventions are most effective for anxious kids How can I make my home or classroom less stress inducing Written by an experienced pediatrician this compassionate book challenges harmful taboos

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The 24-Hour Pediatrician Christina Elston,2002 Pediatricians at 80 leading children s hospitals tell you how to make it better fast It s a physician s job to make a diagnosis and prescribe treatment for your child s symptoms But it s your job as a parent to comfort your child from the first sniffle or cough until recovery How can you help when the doctor is out of reach or the medicine is not yet working Let The 24 Hour Pediatrician be your doctor on call Equal parts medicine and love this comprehensive book for parents covers home remedies tips and tricks recommended by pediatricians at eighty leading children s hospitals including Cedars Sinai New York Presbyterian Children s National Medical Center and University of Chicago for helping your child cope with more than thirty common ailments from asthma chicken pox and colic to earache fever sleep problems and stomach trouble Find out how the country s best pediatricians help their patients and their own children feel better including these suggestions and many more If your baby has diaper rash dab a liquid antacid on his bottom and use a plant sprayer for cleaning to avoid touching the irritated skin If your toddler has a fever and won t sit still in a tepid bath lower her temperature gently by wrapping a bag of frozen vegetables in a towel and putting it on the back of her neck If you re having difficulty teaching your child how to blow his nose ask him to imagine blowing out a birthday candle with his nose *The Portable Pediatrician* Martha Sears,Peter Sears,2025-05-01 The next time you re worried about your child s health experience the comfort of easily accessible advice from the experts with this comprehensive A Z guide Imagine you are up at three o clock in the morning with a sick child Wouldn t it be nice to have expert advice readily at hand to help you through the night Encyclopedic in scope The Portable Pediatrician features timely and practical information on every childhood illness and emergency including when to call the doctor what reassuring signs can help you know your child is okay how to treat your child at home and much more all in a convenient A to Z format Among the scores of topics covered teething sprains and broken bones nosebleeds measles ear infections choking rashes colic headaches eating disorders fever hip pain warts allergies obesity seizures autism bronchitis sunburns pneumonia speech delay lice vomiting asthma heart defects blisters sleep problems and more The authors guide parents and caregivers from a child s infancy through the teen years teaching them what to expect at regular checkups as well as how to boost a child s well being devise a family health

plan work effectively with their pediatrician and more Distinguished by the Sears trademark comprehensiveness reliability and accessible comforting tone this book is a must have for all families who want to keep their children healthy and happy

Prevention, 2006-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets **The Power of Your Child's Imagination** Charlotte Reznick Ph.D., 2009-08-04 Imagine your frustrated four year old calming her own anger with a few simple breaths Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches Or your worried eleven year old improving her concentration by consulting a personal wizard to help with homework The Power of Your Child's Imagination will show you how to empower your child with easy effective and creative skills for surviving and thriving in a stressful world This indispensable guide provides nine simple tools to help children cope with stress and anxiety by tapping into their imagination to access their own natural strength and confidence Dr Reznick illustrates how each tool can be used every day to deal with problems such as Stress induced headaches and stomachaches Phobias panic attacks and social anxiety Bed wetting and sleepless nights Separation anxiety and fear of the unknown Coping with death divorce and other losses Hurt frustration and anger Trouble with schoolwork and concentration Sibling rivalry and school yard squabbles *Smith's Anesthesia for Infants and Children E-Book* Peter J. Davis, Franklyn P. Cladis, 2021-11-30 Written and edited by renowned experts in pediatric anesthesia Smith's Anesthesia for Infants and Children provides clear concise guidance on effective perioperative care for any type of pediatric surgery The 10th Edition contains significantly revised content throughout bringing you fully up to date with recent advances in clinical and basic science that have led to changes in today's clinical practice Offers comprehensive coverage of physiology pharmacology and clinical anesthetic management of infants and children of all ages Contains new chapters on Airway Physiology and Development Normal and Difficult Airway Management Ultrasound Acute Pain Management Chronic Pain Management Palliative Pain Management Infectious Diseases and Education plus extensively revised content on cardiovascular physiology induction maintenance and recovery organ transplantation and more Features more than 100 video demonstrations including regional anesthesia videos echocardiograms of congenital heart lesions anatomic dissections of various congenital heart specimens with audio explanations various pediatric surgical operative procedures airway management and much more Provides outstanding visual guidance throughout including full color photographs drawings graphs and charts and radiographic images Includes quick reference appendices online drug dosages growth curves normal values for pulmonary function tests and a listing of common and uncommon syndromes Provides an interactive question bank online for review and self assessment Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices **The Supplement Handbook** Mark Moyad, Janet Lee, 2014-11-04 Nearly half of Americans use supplements and many more are curious about them yet questions abound Will feverfew help my migraines Are there any vitamins that will keep my skin clear Does lysine really prevent cold

sores Are there herbs I can take to boost my mood Are any of these things safe Mark Moyad MD MPH is the only physician in the United States who has an endowed position to study vitamins minerals herbs and other supplements For the past 25 years he s been researching supplements using them in his practice and traveling the country giving lectures to laypeople and physicians about what works and what s worthless in the world of drugs and supplements Based on the latest research as well as Dr Moyad s clinical experience The Supplement Handbook will guide you through the proven or debunked treatment options for more than 100 common conditions everything from arthritis heartburn and high cholesterol to fibromyalgia migraines and psoriasis Dr Moyad provides clear guidelines sifting through conflicting information for a definitive answer you can use today He does not hesitate to point out which remedies are overhyped useless and even harmful He even ranks the most effective options so you know which remedies to try first and he s honest about when over the counter or prescription drugs are the better option More than an overview The Supplement Handbook delivers prescriptive reliable advice Whether you re an alternative medicine convert or an interested but confused supplement novice this comprehensive evidence based guide is sure to become a must have reference in your home

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