

How to Use Your Diary

- 1** On the left hand side of the page each day of the month is listed.
- 2** Across the top is a record of all the information that can affect your child's headache.
- 3** Simply check the box and write in the information.
- 4** Share this information with your doctor who will help you manage your child's headaches.



Possible Headache Triggers

On charts enter appropriate number that applies in section labelled TRIGGERS.

Diet

- 1 Chocolate
- 2 Yellow Cheese
- 3 Monosodium Glutamate (MSG)
- 4 Aspartame (diet soft drinks)
- 5 Caffeine (coffee, tea, pop)
- 6 Nuts
- 7 Processed meats, hot dogs, bacon

External Changes

- 8 Weather/barometric pressure/ humidity
- 9 Schedule changes
- 10 Sleeping patterns
- 11 Skipping meals

Stress

- 12 Times of intense activity
- 13 Let down periods
- 14 Loss (separation, death, divorce)
- 15 Moving
- 16 School problems/change
- 17 Arguments/fights
- 18 Crisis (please explain)
- 19 Menstruation/period

