



MIGRAINE AT SCHOOL

Welcome to Migraine at School!

This program was developed by the Coalition for Headache and Migraine Patients' (CHAMP) Stigma in Education Committee. We have gathered the best resources and information for students, parents, and educators to ensure children with headache diseases are given the best opportunity to excel in school. Everything you need is included in this folder or can be found on our website migraineatschool.org

Migraine is a serious neurological disease affecting **10% of children ages 5 - 15 and up to 28% of adolescents**. Migraine can be characterized by many symptoms, including head pain, nausea and/or stomach pain, temporary vision changes, ear discomfort/pressure, dizziness, and other symptoms. Migraine is genetic and can present very differently in children than it does in adults. For example, colic in infants may be one of the first signs of migraine attacks.

Despite its prevalence, migraine is often an invisible disease. Many people with migraine experience stigma. **Migraine at School** is the best tool for students, parents and educators to educate their communities about migraine, create a supportive environment, and provide students the resources needed to succeed.

Migraine at School provides educators with information about the symptoms of migraine - usually (but not always) head pain accompanied by any of the following: sensitivity to light, smell, and sound; nausea and/or stomach pain, temporary vision changes, ear discomfort or pressure, and brain fog among other symptoms.

In addition to giving you the tools to identify migraine symptoms, **Migraine at School** offers valuable steps you can take as an educator to help your student when he or she is in pain. For example, you can provide a dark, quiet place to rest, contact the student's parents or guardians, and, most importantly, be open to providing accommodations to your students with migraine.

Migraine at School also provides comprehensive information for parents and students. As a parent, it is critical that you educate yourself about migraine disease so that you can navigate this road with your child. We have provided a comprehensive list of possible accommodations that may help your child succeed in school. Students can learn about lifestyle tips and tricks, listen to podcasts, find a support group, and learn how to advocate for themselves.

Please contact us at info@migraineatschool.org if you have any questions or would like to be an advocate for this exciting program.