



HEADACHE DIARY

WHAT TO KNOW

WHEN?

HOW BAD?

WHERE?

WHAT ELSE?

www.drnkeiru.com
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RED FLAG SYMPTOMS

- Child describing worst headache of a lifetime
- Persistent morning headaches associated with vomiting
- Headaches with ringing in the ear
- Headache that's different from child's typical headache (intensity or location)
- Headaches with associated neck stiffness
- Associated with behavior changes
- Associated with blurry vision
- Daily headaches

Younger kids may be unable to describe how they feel but watch out for

- Excessive fussiness in morning
- Pulling of ears or balancing head on one side
- Change in gait or balance
- Concerns for increased head size
- Preference of one side of body versus another