**How to Keep a Headache Diary:**

Try to keep a headache diary at home if headaches become a common occurrence for your child. This information will be very helpful to your pediatrician in determining the cause of your child’s headache and how to treat. Record the answer to the following questions:

When did the headache occur?

How long did it last?

What was your child doing when the headache came on?

What foods did they eat that day?

How much sleep did they get the night before?

Does anything make the headache better or worse?

Are there any other symptoms present?