[healthy children : Powered by pediatricians. Trusted by parents.](http://www.healthychildren.org/English/)

**Headaches: Possible Causes**

* Hunger or thirst
* Lack of sleep
* Specific foods (chocolate, cheese, nuts, processed meats)
* Physical exertion
* Sunlight, flickering/glaring lights
* Caffeine
* Strong aromas
* Certain medications
* Clenching or grinding teeth
* Eye strain
* Head injury
* Seasonal allergies
* Viral illness: most headaches occur as a part of a cold and usually last a few days
* Muscle tension: most common type of recurring headache
  + Give a feeling of tightness around the head
  + May be caused by staying in one position for too long
  + May be a reaction to stress
* Sinus infection: frontal headache above the eyebrow
  + Usually in children over 10 years of age
* Migraine: recurrent, severe, incapacitating headache
* Serious cause: meningitis or encephalitis
  + Symptoms include: headache, stiff neck, vomiting, fever, and confusion