



2024 INTERVIEW SUMMARY SHEET

SPEAKER

Amy Graham

TITLE & ORGANIZATION

Director
Migraine at School

TOPIC

Protecting Our Kids: Navigating Migraine at School

KEY TAKEAWAYS

- Migraine is a complex condition that can significantly impact a child's school attendance, academic performance, and overall well-being.
- Migraine can manifest differently in children, with symptoms such as stomachaches, vomiting, and cyclical vomiting being common.
- Parents can work with schools to develop a 504 plan or an Individualized Education Plan (IEP) to provide official accommodations and ensure their child's needs are met.
- The Migraine at School initiative aims to educate schools and increase awareness and understanding of migraine.
- The initiative provides resources and support for parents, families, students, and educators dealing with migraine. It offers a website (migraineatschool.org) where people can access information and resources.
- Involving the entire family in lifestyle changes and wellness activities can reduce stigma and support the child with migraine.
- Take migraine in children seriously: If your child repeatedly complains about head pain or stomachaches, don't dismiss it as a dislike for certain activities or teachers. Look for patterns and consider the possibility of migraine, especially if there is a family history of migraine.
- Schools should also take migraine seriously and provide accommodations such as access to water, dark spaces, and extra time for tests.
- The Danielle Byron Henry Migraine Foundation and the Coalition for Headache and Migraine Patients (CHAMP) are additional resources for information and support.

TREATMENTS CITED

Blue light filters	Hydration
Blue light glasses	Limit screen time
Establish a regular routine	Meditation
	Yoga

QUOTES

"Once you've gotten that diagnosis, you really want to learn as much as you can about migraine. So really educating yourself: What is migraine, how does it show up, and what can I do on a day-to-day basis to help my kid?"

"I think that the environment in general — if you think about a classroom, it's noisy, it's bright ... These are not really conducive situations to treating our migraine properly."

"If we can change how the child living with migraine is more willing to speak up and more willing to be honest and advocate for themselves, we change how they can internalize the disease."

"The school system is starting to understand and be educated on what migraine is, that it is complex, and that even if a child isn't experiencing an attack, it doesn't mean they don't have migraine."

"We're educating not just the kids, but we're educating all of the adults in the school, as well."

PRACTICAL STEPS

- Advocate for your child and ensure the school and teachers take your child's health seriously and provide the support and help needed to manage your child's migraine.
- Consider working with your healthcare provider to create a 504 plan for your child to provide official accommodations at school.
- Keep communications open with your child's teachers and the school administration. Educate them about migraine.
- If your child is old enough, involve them in their own migraine management.
- Migraine likes routine. Develop one with your child that includes regular and consistent sleep, exercise, hydration, and healthy eating.