

Back-to-School Checklist

While migraine can be just as severe in children as it is in adults, children often struggle to explain their symptoms and advocate for their health. This is especially true when they are in an unfamiliar environment, like school. This checklist walks parents and caregivers through key actions they can take to help set their children up for success in the school year.

Early Summer 4 weeks after school ends

- Schedule an appointment with your child's doctor to update treatment plans
- Send medication forms to the doctor's office for completion

Mid-Summer 6 weeks before school starts

- Schedule a meeting with the school nurse, teacher, and/or other representative to discuss treatment plan and accommodations
- Build Migraine Emergency Kit for School (create list below)

- Begin to coach your child on what to do if a migraine happens at school

3-4 Weeks before school starts

- Refill all medications and place bottles at school along with emergency kit
- Ensure school has received all required forms from doctor's office
- Begin to rehearse school routine with nervous children and discuss fears

2-3 Weeks before school starts

- Begin gradual return to school year sleep/wake schedule and resume bedtime routines
- Visit school to familiarize students with campus
- Familiarize yourself with the system to review school lunch menu
- Begin discussing lunch options with your child to have a plan in place for days that you need to send lunch to school

1 Week before school starts

- Check in with school one last time to ensure that all supplies needed are at school
- Continue to review headache plan with your child and reassure them that all is in place for a successful school year