



# Helping \_\_ with Headaches at School

Thank you for sharing this important story with me.



**My name is \_\_\_\_\_. I love telling stories, reading books, playing pretend, and I even love my little brother, \_\_\_\_\_.**

**1**



**I am usually a very fun kid!**



**2**

**Sometimes, I have to deal with something kind of scary. I have migraine headaches and cyclic vomiting syndrome (CVS).**



**Cyclic Vomiting Syndrome Association  
HOPE STARTS HERE**

**<http://www.cvsaonline.org/index.html>**

**I take medicine at home to help me not have so many headaches, but sometimes they still happen.**



**3**

**If it ever happens at school, I will need a lot of help, and I worry about who will help and what might happen. So mom decided to help me and wrote this little book.**



**There are times, when I may have small headaches or may be worried about a bigger headache. When that happens, I usually ask for Motrin. I take my Motrin and come right back to class.**

**4**

**When I am starting a cycle, I get very quiet. I may ask to be held or to lie down in a quiet, dark place. I can be very pale or very flushed, and I usually sweat a lot.**



**This is me at the beginning of a cycle. I am trying really hard to be still and quiet. It hurts to move and talk.**

**5**

**If this happens at school, I need the nurse, or another adult, to call my mom or dad right away. One of them will come quickly and bring medicine to try to help.**



**There is usually about 20 minutes between the time I look like the picture and when I start vomiting.**

**6**

**If I start vomiting while we are waiting for mom or dad, I'll need a lot of help from the nurse or another adult. I really can't move very well or stand up on my own. I'll need a safe place to lie down or be held, and someone with me to help me sit up to be sick.**



**7**

**I may throw up food I have eaten, but unlike having a tummy bug, I will keep throwing up every 2 to 10 minutes. When I am not throwing up, I am trying very hard to be still and quiet. If you talk to me, I may not talk back.**



**You can use these faces to ask me about my pain.**

8

**It will help my parents and the doctors help me too, if you will please keep track of when my cycle started, what you did, and the times I barfed.**

**By this time, one of my parents should be at school and they will take over. Thank you for helping me.**



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