Thank you for sharing this important story with me.

Helping ___ with Headaches at School
My name is _____. I love telling stories, reading books, playing pretend, and I even love my little brother, _____.

I am usually a very fun kid!
Sometimes, I have to deal with something kind of scary. I have migraine headaches and cyclic vomiting syndrome (CVS).

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

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.
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.

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.

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.
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.

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.
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.