



Headaches and Migraine: Practical and Easy-to-follow Advice (Your Child)

Maggie Jones

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Your Child is a series of practical guides, aimed at parents of children affected by common but distressing complaints. Migraine and recurrent headaches can affect children's lives profoundly, impacting on their emotional, social, psychological and educational lives. Many of the conventional drugs for headaches and migraine are unsuitable for children and can produce unwelcome side-effects. However, there are many complementary and alternative approaches that can yield excellent results. This book covers:- Causes and triggers of headaches and migraine; How to help yourself and your child; Conventional treatments; Complementary therapies; Specific advice for each age group

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