

## Questions for your School

In our experience, because headache disorders can be considered an “invisible illness” there can be misunderstanding from the school about the nature of this condition. In addition to providing the school with a request for a 504 meeting and our “Information for Educators” letter, it is important to initiate the conversation about available school resources and supports for your child as soon as possible.

### Some helpful questions to ask include:

- Who is the best contact person at school for our providers to coordinate with if needed (i.e. Principal, Guidance Councilor, IEP coordinator, teacher etc.)?
- Who is the school district and/or individual school nurse?
- Does the school have specific medication forms that are required for administration in the school setting?
- Where is a quiet/safe place your child can take abortive medications, rest, and use their coping skills during a headache exacerbation?
- Is there a space free of fluorescent lighting your child can take a break in if needed?
- Is there a school counselor that can support your child in setting up a good coping plan?
- The headache program encourages school attendance whenever possible. What additional in-school supports are available in the event that your child falls behind from absences related to headache?