

Headaches are not normal in children

Question: Are occasional headaches normal for children?

Answer: Headaches are not normal for children or adults. Headaches are a symptom and an indication something is wrong. Children should rarely have headaches unless there is a chronic condition or a trauma induced injury. The most common cause of headaches in children is slips and falls at home or at play. Any injury to the skull is to be considered a serious concern. Always check your child thoroughly, even after a mild trauma, for additional symptoms besides headaches such as visual difficulties, nausea, and excessive sleepiness.

Other common causes of childhood headaches can be allergies to foods or the child's environment. Food allergies are common in children especially if they get congested and have sinusitis secondary to an adverse food exposure. Dairy is a common allergic activator in children and substituting soy-based milk and products can sometimes eliminate the problem.

Additional causes of headaches can include medication reactions, sugar imbalances, and anxiety. Children can experience negative stress at early ages and the result can be a headache.

Headaches are one of the most common conditions that bring patients into a chiropractor's office. Clinically I have observed that the number one cause of headaches in children is misalignment of upper cervical vertebra and cranial structures. Many of these misalignments can occur as early as the birth process. Gentle cranial balancing and adjustments will usually correct these types of headaches in children and it does not require many treatments. Adult headache

patterns have had a lot of time to become fixed and usually take longer to correct.

The bottom line is that no headaches are normal yet the symptom of a headache is an important warning signal to get to your chiropractor as soon as possible.

Quote of the week: *“I have had more trouble with myself than any other person I have ever met.”* - Dwight L. Mooney