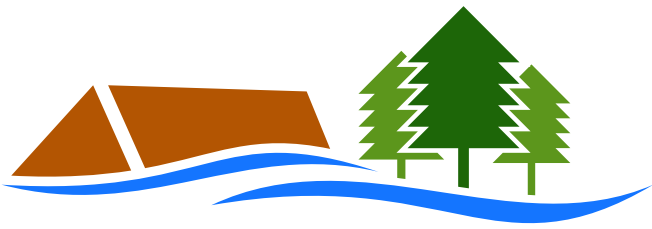




MigraineTM
Canada

Summer Camp Guide



Hat? Check! Sunscreen? Check! Bathing suit? Check!

You know the standard summer camp packing list, but what can you do to ensure your child, who has migraine, is set for a wonderful summer camp experience?

This checklist provides key actions to prepare your child and summer camp staff. Plan in advance- some items are completed in the weeks BEFORE the start of camp.

NOTE: Migraine protocol needs to be adhered to by both your child AND the camp staff. The importance of taking preventative steps immediately and without delay needs to be clearly understood. Delayed preventative action may be the deciding factor of a full blown migraine vs treating early and reducing intensity.



Summer Camp Checklist



- Schedule an appointment with your child's healthcare provider 2 weeks *before* the first day of camp. This appointment will be to review the treatment plan, get any forms signed, and refill your child's medication.
- Refill medications. Ensure that the medications are in the original labelled bottle from the pharmacist with instructions that match what the healthcare provider has provided on a medical form.
- Build a **Migraine Emergency Kit** to bring to camp. This kit should include items most helpful for your child's particular migraine experience. For example:

Migraine Emergency Kit

- a water bottle
- electrolyte tablets or drink,
- rescue medications (in the original labelled bottle)
- Gravol (or other anti-nausea medication) if part of your child's treatment routine
- a blanket, if your child needs to lay down
- an eye mask to block out bright lighting or
- sunglasses
- ear plugs
- a hoodie to cover his/her head
- an ice pack

Summer Camp Checklist



- Before camp begins, request a meeting with **both** the camp supervisor and the camp counsellor who will be supervising your child. This may need to be a phone meeting:
 - Ensure the camp has received all required forms from the healthcare providers office.
 - Review the symptoms your child regularly experiences before or during an attack.
 - Confirm the appropriate people are familiar with the agreed protocol (i.e. the importance of prompt preventative measures at the first sign of migraine). Ensure that your child's symptoms will not be ignored or diminished.
 - Discuss the possibility that some situations (i.e. large, loud gatherings) may be too much stimulation. Your child should be allowed to relax in a quiet area. Also, if participating in physical fitness isn't possible, your child should be given alternatives.
 - Decide on a visual sign that your child can use to signal staff that they need to leave the group due to nausea. It is important that your child knows they do not need to receive oral approval to leave if they feel like they may vomit.
 - Bring the **Migraine Emergency Kit** with you (or read a list of what will be in the kit). Decide where the kit will be stored.
 - If your child will take a bus, make arrangements to meet or speak with the bus driver in advance of the first day. It may be important for your child to sit near the front or avoid sitting close to the heater.
 - If your child is attending overnight camp, decide on a communication plan for the camp staff to update you regularly and notify you if your child has a migraine attack. Decide on the criteria for your child to leave camp early due to migraine.
 - If you can't meet with the camp counsellor before camp begins, try to speak with them on the first day to discuss the migraine protocol.

Summer Camp Checklist



- Discuss a **Headache Plan** with your child:
 - Practice how to talk about his/her migraine
 - Discuss preventative actions, such as the importance of keeping their water bottle filled so they can be hydrated throughout the day and where a hat when outside
 - Review what they need to do if a migraine happens (i.e. tell the counsellor right away).
 - If the camp provides lunch and snacks, familiarize yourself with the process and menu options, and discuss what order the food should be eaten, how often, and what liquids they should drink.
 - Be sure your child is aware where the closest washrooms are
 - Talk with your child about anything he/she is nervous or scared about. It could also be helpful to get together with some kids at the camp to help with anxiety
 - Discuss what your child wants while they are experiencing an attack. Depending on your child, this could be someone staying with them, or being in a quiet space.
 - Be positive and excited for their camp experience. Assure your child that you are taking all the steps necessary to help them have a fun experience at camp.

Migraine Canada is committed to improving the lives of those living with migraine. This checklist is intended as general recommendations only and does not replace advice from your healthcare provider

If you have questions or require further resources, please reach out to info@migrainecanada.org