

# How Can I Prevent Puberty Headaches



**1.** Limit the consumption of caffeinated beverages, as caffeine overdose may cause headaches.

**2.** Stay hydrated with plenty of water and healthy beverages.



**3.** Do not skip meals, and incorporate regular exercises in your routine.

**4.** Try to stay stress-free by indulging in relaxation or deep breathing exercises.



**5.** Observe the food triggers of headaches and restrict those foods from your diet.

**6.** Limit screen time and sleep for at least eight hours daily.



## References:

1. Headache; Raising Children
2. Migraine Headaches in Children & Teens: Parent FAQs; Healthy Children