



Migraines: What You Need to Know

June is Migraine and Headache Awareness Month, and according to the University of Pennsylvania's School of Medicine, migraines affect over 37 million people in the United States, but less than 5% have been accurately diagnosed and received appropriate care.

While migraines can include a headache, they are not the same thing. The three most common types of headaches are:

- **Tension**, frequently caused by eye strain, stress, or hunger
- **Sinus**, usually striking when you are congested and frequently worse in the morning when you first wake up
- **Cluster**, generally occurring daily and often around the same time each day, this type of headache can be caused by physical exertion, bright lights, or altitude.



Migraines, on the other hand, are caused by neurological issues, and can be triggered by a variety of factors. Women are three times more likely to suffer migraines than men and hormonal fluctuations are a factor. People who have allergies may experience more migraines than those who do not due to the inflammation that allergies can cause in the body. People with a family history of migraines are also more likely to experience them. Finally, certain environmental factors can trigger a migraine, such as changes in weather, foods, smells, and lack of sleep.

Migraines also tend to occur in phases:

- **Prodrome Phase** - before a migraine sufferer experiences any pain, they may have mood swings, food cravings, and a stiff neck.
- **Aura Phase** - sensory disturbances will occur either before or during a migraine, and they can affect the migraine sufferer's visions, touch, or speech. (Can include blind spots, blurred vision, numbness in the arm, and slurred/jumbled speech.)
- **Headache Phase** - This is the phase in which the pain begins. The pain may be worsened by physical activity, exposure to light, and sounds or smells. Some people experience migraines without headache pain.
- **Postdromal Phase** - In this phase, the pain has subsided. The migraine sufferer may feel exhausted, confused, or otherwise unwell.

If you believe you have experienced migraines, talk to your physician about it. There are over-the-counter and prescription medicines that can help. You may want to consider making some lifestyle changes that would help too, such as exercising regularly, avoiding foods that trigger migraine attack for you, making sure you get enough sleep, and practicing relaxation techniques such as yoga or mediation.

Important Dates This Month:

June 9:
last day for Head Start students

June 15:
Policy Council Meeting at 11 AM

June 19:
all centers closed in observance of Juneteenth

June 23:
last day for Early Head Start students

Summer Play for Families

Summer is finally upon us and children love to play and explore outdoors. Playing outside gives them a chance to burn off some energy, get a change of scenery, and learn the importance of remaining physically active. Here are some fun games and activities you can enjoy with your child outdoors this summer:

- Simon Says / Follow the Leader
- Hokey Pokey
- Hopscotch & art with chalk
- Musical chairs with a group of children
- Playing at your local playground
- Hide and Seek
- Animal Charades (have children act like an animal while you guess what animal they are)
- Jumping Jacks
- Playing catch with a ball or frisbee
- Go for a walk and talk about what you see

got cukes?

June is National Cucumber Month, and if you're interested in sharing this vegetable with your children, there are several kid-friendly ways to serve it:

- Slice a cucumber into sticks or discs and serve with a dip. You can try hummus, cottage cheese, white bean dip or even peanut or cashew butter as a dip.
- Alternatively, slice the cucumber into very small pieces and mix it into a dip that is served with crackers or bread.
- Try a cucumber salad with a vinegar or dairy dressing. Children who love tangy food will appreciate the vinegar, whereas children who love yogurt and prefer a sweeter, more subtle flavor will like the dairy.
- Add cucumber to a smoothie. Cucumber pairs well with strawberries, pineapple or melon. Substitute chopped cucumber for some of the fruit in your favorite recipe and blend away. You can also freeze the smoothie in a popsicle mold for a healthy summertime treat!



- Cucumber sandwiches - a staple of old fashioned tea parties, is a great summer snack. Spread cream cheese on bread and add a layer of cucumber slices.
- Make a cucumber boat by slicing it in half lengthwise and scooping out some of the insides, then fill with hummus, tuna salad, or feta cheese.
- Use a grater to cut the cucumber into noodle-like shreds. Top with peanut sauce and serve with a protein such as chicken.

June is National PTSD Awareness Month

Post-Traumatic Stress Disorder (PTSD) is a psychiatric disorder that we tend to associate with military veterans. However, PTSD can occur in anyone who has experienced or witnessed a traumatic event or set of circumstances—natural disasters, death, violence, abuse, etc. According to the American Psychiatric Association, people with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch.

For some people, symptoms of PTSD will diminish over time or disappear altogether. Others get better with the help of their support system (family, friends or clergy). But many people with PTSD need professional treatment to recover from psychological distress that can be intense and disabling. It is important to remember that trauma may lead to severe distress. That distress is not the individual's fault, and PTSD is treatable with medication and/or therapy. The earlier a person gets treatment, the better chance of recovery.



If you believe you may have PTSD, you can call the Substance Abuse and Mental Health Services Administration's hotline at 1-800-662-HELP (4357). The hotline operates 24 hours a day, 365 days per year. It is completely **free** and **confidential**. You can also send your zip code via text message to 435748 (HELP4U) to find help near you.

Healthy Summer Reading

There are many wonderful books for preschoolers that reinforce teaching about healthy habits. Your local library may have them, and they may also have a summer reading program for children. Here are just a few recommendations:

- *Get Up and Go!* by Nancy Carlson—focuses on the benefits of exercise
- *You're Missing It!* by Brady Smith and Tiffani Thiessen — encourages limiting the amount of time spent looking at a screen
- *Fort Building Time* by Megan Wagner Lloyd — the importance of unstructured, creative play
- *Calm with the Very Hungry Caterpillar* by Eric Carle — teaches young children how to stop/breathe/reflect when they feel stressed or overwhelmed
- *Even Superheroes Need to Sleep* by Sara Crow — helps convince the kids who think they aren't tired and don't need to go to bed that rest is important if we want to be our best.