

# Home Remedy for Kids

Recommended Remedy:

1. Encourage breaks and ensure your child is working with plenty of natural light to avoid eye strain headaches.
2. Make sure your child is eating well-balanced meals throughout the day to prevent headaches caused by low blood sugar.
3. Ensure your child is drinking plenty of water to avoid dehydration headaches.
4. Massage your child's neck and shoulders to alleviate tension headaches caused by stress or anxiety.
5. Increase magnesium-rich foods in your child's diet to prevent tension and migraine headaches.