

Huge Headache

Written by Kelly Hashway

Joshua flopped down on the couch and pressed his fingers to his head. He'd thought being home alone was going to be so much fun. Now that he was eleven years old, his mother had decided that he was old enough and responsible enough to stay home alone while she went down the street to visit with Mrs. Finnegan. But she'd been gone for a long time, and Joshua wasn't feeling well. His headache was getting worse by the minute.



He'd switched off the television and turned off the lights, but it didn't help. He got up and grabbed a washcloth from the bathroom closet. He dampened it with cold water and placed it on his forehead. Lying down on his bed with the washcloth on his head, Joshua started to feel a little better. But the washcloth didn't stay cold for long, and the throbbing returned to his head.

Joshua went back to the bathroom to rewet the washcloth, but his eyes went straight to the medicine cabinet. Whenever his mother had a headache, she took Tylenol. It would probably make his headache go away. His mother never let him take any medicine when she wasn't around, but he couldn't handle the pain anymore. He read the label on the bottle and wondered if he should take a couple Tylenol.

Things to Discuss:

1. List three things that Joshua did to try to make his head feel better?
2. Should Joshua take a Tylenol? Why or why not?
3. Can over-the-counter drugs, like Tylenol, be dangerous? Explain.

Teacher's Discussion Guide

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Read and discuss.

1. List three things that Joshua did to try to make his head feel better?

He turned off the lights. He turned off the TV. He put a wet wash cloth on his head.

2. Should Joshua take a Tylenol? Why or why not?

No! He should never take any drugs unless they are given to him by a parent.

3. Can over-the-counter drugs, like Tylenol, be dangerous? Explain.

Yes. Tylenol and most drugs can be extremely dangerous in some situations. If you take too much, you can become very sick. If it interacts with another drug, you can also become very sick.