

## Diagnosis and Treatment of Childhood Abdominal Pain

Childhood Abdominal Pain (also known as Recurrent Abdominal Pain, or RAP; the child may call it a tummy ache). This is when the child has pain in his/her stomach, but medical causes have been ruled out through medical testing. A biofeedback methodology is used to train children to relax, using animation and movies to motivate the child. The skills learned in biofeedback are usually utilized throughout the child's life.

[Pediatric Migraines](#)] A surprising number of children experience migraines, and this increases in probability as the child matures. The child should be trained in self-management techniques before this becomes a more chronic condition (which may lead to the need for drug interventions). Biofeedback and other self-management techniques can be effective in helping the child to control various aspects of his/her own physiology, resulting in a reduction of headaches/migraines.

**Attention Deficit Disorder** Being distractible and hyperactive can be very inconvenient for parents and teachers, in addition to the child's suffering. It is often advisable to have a thorough neuropsychological evaluation in order to assess for the following: learning disabilities, Attention Deficit Disorder, depression, anxiety, brain injury, behavioral and emotional problems, level of intelligence, and achievement in major areas of academic functioning. Biofeedback and other self-management techniques can be effective in helping the child to control various aspects of his/her own physiology, resulting in a reduction of ADD.

**Learning Disabilities** It may sound surprising that about 15% of the population is learning disabled. This means that some learning function — usually reading — is significantly below average when compared to one's peers. There are other learning disabilities besides reading. One that is frequently mentioned is a Nonverbal Learning Disability. Some identifying features of this learning disability include poor mathematical ability, particularly with word problems; poor fine motor coordination such as very bad handwriting; and poor social skills, where the child has very few friends and has difficulty making and/or keeping friends. There can also be very focused learning problems such as with math, writing, or social skills. Learning Disability testing may be a tax deductible expense for you.

[Neuropsychological Evaluations.](#)] For more information about neuropsychological evaluations for children, [click here](#).

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