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MEDICAL GROUP
WWW.FRESNOCHILDRENS.COM

Well Child Care: Early Adolescence (12 - 14 years)

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ BMI: _____ Age: _____

This educational handout is intended to be read by the adolescent and his/her parents together. We hope you will discuss the information provided and decide upon ways to accomplish these goals. We recommend that you have a health supervision exam (physical, checkup) every year. Patients with illness or problems may need more frequent visits. We recommend the following:

IMMUNIZATIONS:

- Tdap booster:** (Tetanus, diphtheria, & Pertussis) at age 11-12 years and every 10 years thereafter
- Varicella** (Chicken Pox): if you have no prior history of immunization or illness
- Hepatitis A** series: if not previously completed (recommended, but not currently required)
- Meningococcal:** if not previously done (not required)

HEALTHY HABITS

The way you treat yourself NOW will make a difference to your health when you are older. The following are some ways you can keep yourself healthy throughout your life. **Make them habits.**

- Get enough sleep! ***Teens should get between eight and ten hours of sleep each night***
- Brush and floss your teeth at least twice a day, and after sugary snacks or drinks
- Wash your face with a gentle soap twice a day to help control acne (for more information on acne go to <http://www.fresnochildrens.com/files/Common Pediatric Conditions/acne.pdf>)
- Engage in moderately strenuous physical activity (for example walking, biking, aerobics, soccer) for at least 40 minutes five times a week (60 minutes seven times a week if you need to lose weight)
- Limit the amount of time you spend watching T.V. or playing computer games to 1-2 hours a day.
- ***Do not skip meals.*** Eat breakfast, lunch, and dinner
- Eat a healthy diet with lots of fruits and vegetables, make sure you include whole grain foods
 - Have carrots instead of chips and raisins instead of gummy bears
 - Cheerios, Triscuits, and whole wheat Wheat Thins are good whole grain snacks
 - Be careful choosing whole grains. The first listed ingredient must state "whole grain . . ." for the food to be a whole grain. It can not be item 3 or 4 or lower.
- Be sure to get enough **CALCIUM**, generally 1200 mg per day
- Be sure to get enough **IRON**, generally 12 (males) to 15 (females) mg per day
- For more information on calcium-rich and iron-rich foods go to <http://www.fresnochildrens.com/files/HealthTopics/ironcalcium.pdf>
- Limit fast food, but when you must eat it, choose low fat and low sodium options
- For more information on nutrition visit www.mypyramid.gov

SAFETY

- Always wear your seatbelt in the car, and if your driving, insist on the passengers wearing theirs
- Protect yourself with a helmet during activities where you might injure your head, like skateboarding or bicycling

- Always concentrate while driving and avoid distractions such as loud music, eating, or talking on the phone
- Avoid smoking and other tobacco products, including second-hand cigarette smoke
- Avoid alcohol and other drugs that alter the way you think and feel, causing you to do things that you would not have done otherwise, or harming your body
- Avoid situations in which drugs or alcohol are readily available
- DO NOT get into a car with a driver who has been drinking or using drugs, even when the driver is you!
- Talk to an adult you trust if you're feeling sad, lonely, or thinking about harming yourself (for more information go to <http://www.fresnochildrens.com/files/CommonPediatricConditions/depression.pdf>)
- Stay away from situations where violence or fighting may cause you harm
- Learn to swim if you do not already know how

RESPONSIBILITY AND ACHIEVEMENT

Building a strong character and healthy relationships with your family and friends are important accomplishments for teenagers and young adults. Consider the following suggestions:

- Be honest with yourself and others
- Take responsibility for the choices you make
- Talk to a responsible adult about sexuality, including some of the choices you will face
- Be responsible for your own school attendance, homework, and extra curricular activities
- Make plans for after high school (for example, military, career, college options, or vocational training)
- Learn to identify and deal with anger appropriately

GUIDANCE FOR THE PARENTS OF OLDER TEENAGERS AND YOUNG ADULTS

- Establish realistic expectations for family rules, giving your adolescent increasing autonomy and responsibility
- Reach agreement with your adolescent about limits, consequences for breaking rules, and independent decision-making
- Enhance your adolescent's self-esteem by showing affection, praising positive behavior, and recognizing efforts and achievements
- Be in contact with your adolescent's teachers and counselors
- Model family values such as respect for self and others
- Minimize criticism and avoid nagging, derogatory comments
- Spend time with your adolescent and continue to show interest in his/her plans and activities
- Respect your adolescent's need for privacy
- Model safe driving practices

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.