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## Well Child Care: Late Adolescence and Young Adulthood (15 – 18 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/CommonPediatricConditions/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](http://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](http://www.fresnochildrens.com). If you do not have access to the internet, please call our office to have them mailed to your home.**