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Early Adolescence 12-14 years

Name: _____ Age: _____ Date: _____

Height: _____ Weight: _____ BMI _____

This educational handout is intended to be read by the adolescent and his/her parents together. A health supervision exam (physical, checkup) is recommended every year.

IMMUNIZATIONS as recommended by the American Academy of Pediatrics:

Tdap booster (Tetanus, Diphtheria, & Pertussis) required at age 11-12 and every 10 years,
Varicella (Chicken Pox), **Hepatitis A**, **Meningococcal**, **Human Papilloma Virus**, **Influenza**

PHYSICAL GROWTH: In the year of greatest growth a boy will gain up to four or five inches in height. By the time his growth spurt is over, he'll have grown about eight inches or more in height. The average height gain in females during their peak year is a bit more than three inches. After menstruation begins, the growth rate for girls slows down and most girls stop growing in height about 2 years after their first period.

NUTRITION: The USDA (U. S. Dept. of Ag.) Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruit, vegetables, whole grains, and fat-free or 1% milk and milk products.
- Includes lean meats, poultry, fish, beans, and eggs.
- Is low in saturated fat, trans fats, cholesterol, salt and added sugar.
- In addition, be sure to get enough IRON, generally 12 mg (males) to 15 mg (females) per day. For information on iron-rich foods, please see our website at www.fresnochildrens.com.

We recommend drinking mostly plain water. Soft drinks and sport drinks are empty calories and the nutritional equivalent of candy.

USDA Dietary guidelines also emphasize the need for daily exercise. Adolescents should spend at least one hour a day in moderately vigorous activity. Your personalized calorie requirements and nutritional guidelines are available at www.choosemyplate.gov.

BONE HEALTH: The teen years are a critical time for bone formation. Between 11 and 18 years, 40% of a person's bone mass is accumulated. The recommended daily intake of calcium for children and adolescents 9 to 18 years old is 1300 mg. For more information on calcium rich foods, visit our website at www.fresnochildrens.com. Exercise is also important for developing and maintaining strong bones. Engage in moderately strenuous physical activity (for example walking, biking, aerobics, soccer).

PUBERTY AND SEXUAL DEVELOPMENT:

In most girls in the United States, breast development begins between 9 and 11 years. The first menstrual period occurs about 2 years after the breast development begins. In most boys, puberty

begins with enlargement of the scrotum and lengthening of the penis, usually between 10-12 years old. There is a broad range of normal timing for puberty.

SCHOOL AND PEER RELATIONSHIPS:

Middle school is an important transition period. Your teenager will be expected to take more responsibility for his own work, demonstrate maturing organizational skills and be challenged by a variety of subjects.

- Encourage reading
- Talk with your child as he takes over responsibility for school work
- Help your child with organizing time, if he needs it
- Give your child the chance to make more of his own decisions as he grows older

If you are concerned that your child is sad, depressed, nervous, or angry, discuss this with your health care provider.

TELEVISION, ENTERTAINMENT, MEDIA:

The American Academy of Pediatrics (AAP) wants all parents to be aware that television viewing can contribute to: violent and aggressive behavior, obesity, poor body concept and self image, substance abuse and/or, early sexual behavior. The AAP recommends the following for parents. Limit your teen's total media time (television, videos, computers) to no more than 1 to 2 hours of quality programming a day. Do not have television sets or Internet access in your teen's bedroom. Monitor the shows that your teen watches. View television with them. Encourage alternative entertainment for your teen, such as reading, athletics, or other forms of exercise.

SAFETY

- Sun Safety: A person's risk for melanoma, the most serious form of skin cancer, doubles if he has had five or more sunburns. Use sun screen of SPF of at least 15. Avoid sun exposure between 10 AM and 4 PM. Inform your health care provider if you find an unusual mole.
- Gun Safety: The American Academy of Pediatrics recommends that homes be free of guns and that if it is necessary to keep a gun, it should be stored unloaded and locked with the ammunition locked separately from the gun.
- Sports Safety: Always perform proper warm-ups before engaging in athletic activities.
- Prevent Concussion: Concussion is a relatively common, but under reported brain injury. Reduce the risk of concussion by wearing protective gear including helmets for playing sports, biking, skateboarding, or snowboarding. An athlete should never return to play the same day as experiencing the concussion, even if he has no symptoms, or while still symptomatic at rest or with exertion from a concussion experienced on another day.
- Prevent Heat Exhaustion: Painful muscle cramps, flushed, moist skin, mild fever, nausea, vomiting, headache, fatigue, weakness, confusion, and agitation are signs of heat exhaustion. Prevent heat exhaustion during sports by drinking plenty of fluids, avoid fluids with caffeine, dress in light clothing, schedule vigorous activity for cooler times of the day.

BULLYING: Bullying is aggressive behavior that is intentional and that involves an imbalance of power or strength. Bullying can take many forms, such as hitting or punching (physical bullying); teasing or namecalling (verbal bullying); intimidation using gestures or social exclusion (nonverbal bullying or emotional bullying); and sending insulting messages by e-mail (cyberbullying). Bullying is a serious issue. Bullying may be a sign of an emotional imbalance. These children need intervention. For more information visit www.stopbullyingnow.hrsa.gov or www.healthychildren.org and search for teen bullying.

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.