

12-16 YEAR WELL VISIT

Name: _____ Date: _____ Wt: _____, _____% Ht: _____, _____%

DIET:

- Be a good role model for your child. This includes being aware of the foods you eat in the home as well as modeling a healthy relationship with food as a necessary fuel to maintain a healthy body. Avoid discussions of dieting as this may reinforce eating disorders. Emphasize that food is eaten to satisfy hunger, but not to fulfill boredom or particular food cravings.
- Try to give your child information on good nutrition, but avoid fighting with your child to control his/her food intake. At this age children need to understand that they have control over maintaining a healthy body and it is their responsibility to eat well and stay healthy.
- Discourage eating in front of the TV.
- Shop wisely so your house contains mostly healthy food.
- Teens require approximately 1200 mg of calcium each day which equals 3-4 servings of dairy products (low fat milk, cheese, yogurt, cottage cheese). A calcium supplement may be necessary in addition to dairy products to meet this daily requirement.
- Fruits and vegetables continue to be important. If they are not included in daily eating, a multivitamin is needed.
- Teens need to learn to read food labels so they can understand what they are putting into their bodies. If they cannot understand the ingredients in a prepared food it may mean it has too many chemicals to be a healthy choice. It is also important that they read the label for fat, sugar and caffeine content (e.g.: soda, Red Bull, Performance enhancing supplements, chips).

DENTAL:

- Teeth need to last a lifetime. Brushing and flossing at a minimum of twice daily. Dental visits every 6-12 mos. Contact your child's insurance company for the name of a dentist who is covered under your plan. No referral is necessary.

EXERCISE:

- Recommendations for healthy living include 60 mins of exercise at least 5 days each week. Start with 30 mins/day if your child has been inactive.
- Make sure it is something they enjoy doing. Vigorous dancing that raises the heart rate and produces a sweat is an excellent choice.
- Set attainable goals of increasing time each week.
- Make it fun and social by getting together with friends for an "active date."

FAMILY/SOCIAL/ACADEMIC:

- Try to have dinner as a family as often as possible and engage in family activities with your family and even your child's friend's families all together.
- Show an interest and be a support in your child's academic and leisure activities.
- Make it clear that you are always available if they have concerns or need someone to talk to.
- Start EARLY discussions of the tough stuff: cigarettes, drugs (prescription and illegal) alcohol, guns, and sex. Do this now if you have not already. Kids hear and listen even if it appears they do not care to hear your words. Remind them that TV reality shows do not show an acceptable way of behavior- watch with them if you can, so you know what they are exposed to and can have a healthy discussion afterwards.
- Continue to set age appropriate limits for your teen. It is appropriate and good parenting for teens to lose privileges of computer, video games, texting, going out with friends if they do not follow and respect household and society rules. We are responsible for raising our children to be good and productive members in society.
- Discuss the dangers of the internet: sexual predators, bullying. Remind them that if they should not say it in public, they should not say it on the internet (even if they think they are being anonymous it is likely they are not).
- Encourage your child to become involved in extracurricular activities that interest them whether it is community based religious, sports oriented, etc. Being connected will help them to feel accomplished and less likely to seek out destructive habits like substance abuse, antisocial behavior (gangs and bullying), and becoming prematurely sexually active. Having a productive outlet is a key to maintaining good mental health and self esteem.

VACCINES:

- GARDASIL- this will protect your daughter from cervical cancer and both sexes from venereal warts. This is a 3 dose series which is completed over 6 mos. To be most effective, it must be completed before there is any chance of sexual activity. It can be started at any time.
- Tdap, Hep A, Varicella, Menactra- as catch up doses if not already given

FOLLOW UP APPOINTMENTS:

PPD: If you had a PPD done today as a screening test for tuberculosis you need to return to the office to have it checked in 48-72 hours. Just walk in – no appointment needed

Your next HPV vaccine is: _____

Other : _____

