

12-15 Year Old Visit



NUTRITION

In an effort to battle our nation's epidemic proportions of obesity in children, we want to encourage healthy eating for your child. We recommend the **5-3-2-1-0 eating plan** for your child. Your child should consume 5 servings of vegetables and fruits daily (3 vegetable and 2 fruits), 3 servings of dairy daily, have less than or equal to 2 hours of sedentary activity daily (except for sedentary activity related to reading/studies), have at least one hour of exercise daily and consume "zero" sweetened beverages. High-fat and low-nutrient foods and beverages such as candy, chips and soft drinks should be limited. Remember to be good role models and allow your child to see his/ her parents eating nutritious food as well.

Calcium requirements are **1000mg daily** (3 cups milk or dairy) from 4-8 years old. They increase to **1300mg/day** (4 cups) at 9 years old. These are important for bone growth and density. A multivitamin is likely needed to meet the Vitamin D requirement of 600 IU/day, as it is not added to dairy products except milk (about 100 IU/cup). Calcium and vitamin D supplements are widely available (tablets, gummies, Viactiv® chews, etc)

SAFETY

- Please make sure your child wears his/her seat belt. Your child should sit in the backseat until age 13. Continue to require helmet and seat belt use. Remind your child to use sunscreen.
- Electronics can cause some problems for children. Keep internet access in a visible area and install parental controls. Be careful your child does not spend too much time obsessively texting or using other forms of social media. Discuss the reality of unwanted solicitors and predators and monitor for these. Finally, Ipod and MP3s send loud sounds directly into the ears and can result in damage to the hearing, so monitor the volume.
- The risks and dangers of alcohol, drug and tobacco use should be reinforced through your instruction and modeling.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

IMMUNIZATIONS

Possible vaccines for today are below. Any tenderness, aches or fever can be treated with acetaminophen or ibuprofen. All are important to the health and safety of your child and are recommended by our practice, the AAP and the CDC.

Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.

Tdap Meningococcal HPV Influenza/Flu

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

BMI: _____ %

Vision: Passed Referred

Hearing: Passed Referred

EXERCISE

- The American Academy of Pediatrics recommends at least 60 minutes per day of exercise. Benefits include weight control, cholesterol and sugar control, heart strengthening and good emotional health.
- Limit TV/computer/video games to 1-2 hours/ day.

SCHOOL / DEVELOPMENT

Middle and high school are each big transitions academically and emotionally. Your teen will develop increasing responsibility and learn time management skills. Regular times and places for schoolwork are helpful. Be quick to identify struggles and discuss them with the teacher or school counselor. Consider after school tutoring if struggles develop.

Peer pressure and the need to "fit in" are real issues and are exacerbated by hormonal mood swings and self-consciousness. Be available to listen to your teen whenever he/she opens up. Avoid being sharp or critical. Encourage friendships with other teens that share your values. Teens need to feel unconditional love from their parents, and they need to feel believed in. Praise them when appropriate and avoid speaking negatively of them in front of them. They embarrass and get offended easily.

Puberty and reproductive issues should be discussed regularly at home. Adolescent girls should be reassured that their menstrual cycles are often irregular in the first few years. Encourage good personal hygiene.

**Please see the Teen Section of our website for more information.
Next visit in one year**