

The Carithers Pediatric Group

12-15 years

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Name: _____ Date: _____ Weight: _____ Height: _____

Diet
Teens should be served 3 regular meals and 2 nutritious snacks per day. High-fat and low-nutrient foods and beverages such as candy, chips, and soft drinks should be limited. Avoid frequent fast foods.

As your teen approaches puberty, he/she will enter an important growth spurt, and daily calcium will be important for bone growth and to prevent future osteoporosis. Encourage milk, cheese, yogurt, calcium-fortified orange juice, etc. If your child does not have at least 4 servings daily of these, consider adding a calcium supplement (such as a vitamin, TUMS®, or Viactiv®). One 8-oz serving of milk has 300 mg of calcium. All children this age need 1200 mg of calcium daily.

Teeth
Continue biannual dental visits, daily flossing, and twice daily brushing.

Developmental Suggestions
Middle school is a big transition academically and emotionally. Your teen will be 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 afterschool 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.

Exercise
Please teach your child the importance of regular exercise at least 4 days per week and healthy eating. Obesity is rampant in our country. Limit TV/computer/video games to 1-2 hours/day.

Safety
Continue to require helmet and seatbelt use. Remind your child to use sunscreen.
Keep internet access in a visible area and install parental controls on your computer.
Be careful your child does not spend too much time obsessively texting. Ipod and MP3s send loud sounds directly into the ears and can result in damage to the hearing. Monitor the volume please.
The risks and dangers of alcohol, drug and tobacco use should be reinforced through your instruction and modeling.

Poison Control Center: 1-800-222-1222.

Immunizations
Your teen will receive a tetanus (Tdap) vaccine before entry into 7th grade. We recommend the Gardasil (HPV) vaccine for your daughter. We recommend yearly flu vaccines with the injectible flu vaccine or intranasal flu vaccine. If your child did not receive one today because we are not in the flu season, call us around late September/early October to check on our supply of the vaccine. If we have the vaccine available, please come in to be immunized.

****Next Visit** Please schedule your next well visit in one year.