

The Carithers Pediatric Group

16-19 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.

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 need 1200 mg of calcium daily.

Teeth

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

Developmental Suggestions

Teens are often influenced by others in addition to their parents. It sometimes helps to establish other adults as role models in their lives, especially in single parent homes. Teens near college age are especially looking for guidance in their career and life plans.

Be available to listen to your teen whenever he/she opens up, offering sound advice and being careful to avoid sharp, critical comments. 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.

Dating and abstinence/safe sex issues should be discussed openly with your teen. Many teens enjoy group dating, which is safer and less serious.

Exercise

Obesity is rampant in our country. Unfortunately, many high school students do not do PE. Help your teen to develop healthy habits of regular exercise. Organized sports are an excellent way to exercise. However, we also recommend exercise that your teen can continue into adulthood like jogging, biking, swimming, aerobics or a gym membership. Make sure your teen is careful to adequately hydrate. Limit TV/computer/video games to 1-2 hours/day.

Safety

Driving should be viewed as a serious responsibility and a privilege. Teach your teen not to let anyone drive them that seems impaired, and by no means should he/she drive impaired. Develop a plan for them if the situation arises. Talk about cell phone use in the car. Carefully monitor internet use.

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 graduating high school. We recommend the Gardasil (HPV) vaccine for your daughter if she has not already received the three vaccine series. 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.