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Wt. _____ % Ht. _____ % BMI _____ B/P _____ P _____

EARLY ADOLESCENCE

HEALTHY HABITS

- Get adequate sleep
- Exercise three times/week
- Discuss athletic conditioning, weight training, fluids, weight changes
- Limit TV

INJURY PREVENTION

- Use seat belts in back, helmets, mouth guards, protective sports gear, sunscreen
- Maintain smoke – free environment
- Review rules for being at home alone
- Do not use weapons
- Learn to swim

ORAL HEALTH

- Brush teeth
- Ask about fluoride
- Learn dental emergency care
- Discuss dental sealants
- See dentist

Mental health:

- Take on new challenges to build confidence
- Listen to good friends and valued adults
- Talk with someone if you are often stressed, nervous, sad or things are not going right

NUTRITION

- Eat three meals a day and nutritious snacks
- Eat some family meals together
- Limit high fat, high sugar food
- Choose and prepare fruits, vegetables, breads, cereals, and other grain products, lean meats rich in iron and low-fat dairy products rich in calcium
- Manage weight through appropriate eating and regular exercise

SEXUALITY EDUCATION

- Ask questions you have about sex, body changes during puberty, birth control and sexually transmitted diseases
- Sexual feelings are normal, but wait to have sex until older
- Learn how to say no to sex
- Abstinence is the safest way to prevent pregnancy and sexually transmitted diseases including HIV/AIDS
- If having sex, ask for exam, discuss birth control and safer sex
- Practice safer sex
- Limit the number of partners and use condoms correctly

PREVENTION OF SUBSTANCE ABUSE

- Do not smoke, use spit tobacco, diet pills, or steroids
- Do not use alcohol or drugs
- Do not sell drugs
- Discuss how to quit
- Avoid situations where drugs or alcohol are present
- Support friends who choose not to use
- Become a peer counselor

PROMOTION OF SOCIAL COMPETENCE

- Spend time with your family doing something you all enjoy
- Participate in social activities, community groups and team sports
- Respect your parents' limits and the consequences they have established for unacceptable behavior
- Listen to, respect, and care about your peers and siblings
- Discuss strategies for handling peer pressure
- Practice peer refusal skills

PROMOTION OF RESPONSIBILITY

- Respect the rights and needs of others
- Serve as an ethical role model
- Follow family rules
- Share household chores
- Take on new responsibilities for family, peers, and community
- Learn useful new skills (e.g., job skills, CPR)

PROMOTION OF SCHOOL ACHIEVEMENT

- Discuss transition to middle or high school
- Be responsible for attendance, homework, and course selection
- Discuss frustrations with school or thoughts of dropping out
- Participate in school activities
- Identify talents and interests for college, vocational training, the military, career

COMMUNITY INTERACTION

- Ask for referrals for financial assistance, Medicaid, food, housing, transportation
- Participate in social, religious, cultural, volunteer, recreational activities
- Discuss current events and social responsibility

AT THIS VISIT YOUR CHILD MAY RECEIVE THE FOLLOWING IMMUNIZATIONS:

Hep A Tdap Menactra

NEXT WELL CHILD VISIT: One Year