

DUNWOODY PEDIATRICS

ADOLESCENT CARE FROM 11 TO 14 YEARS

Date: _____

Height: _____ Percentile: _____ Weight: _____ Percentile: _____

Immunizations received today: Dtap _____ Polio _____ MMR _____ Hepatitis A _____

Hepatitis B _____ Varicella _____ Menactra _____

NUTRITION

◆ **Milk/Dairy Products:** Calcium requirements for this age is 1,200 milligrams (4-6 servings a day).

◆ **Meat/Protein:** 6-9 ounces of meat, fish, eggs, beans or nuts.

◆ **Fruits/Vegetables:** 4-6 servings per day, serving size being ½ cup or 3 Tbsp.

◆ **Breads/Cereals:** 5-6 servings per day. A serving size is 1 slice of bread, 1 ounce of cereal, or ½ cup pasta or rice.

- Limit "empty" calorie snacks such as soda (which can lower the level of calcium that your body can absorb), chips, candy and cookies.
- Encourage limited visits to fast food places and help them make the best choices when they are there, such as grilled chicken or salads with low fat dressing.
- Crash/fad dieting is a common response to their obsession with self-image and appearance, yet can be dangerous. Teach them instead to increase activity and decrease calorie and fat intake.
- Discuss your child's interest in special diets (vegetarian) with us.

SLEEP

Adolescents require approximately 8 – 10 hours of sleep per night. With the combination of homework, TV, sports, and social activities, many are sleep deprived. Encourage regular bedtimes.

ACTIVITY- A WAY OF LIFE

Organized sports are a great way to enhance self-esteem. For some kids, individual sports such as dance, cycling, or even walking, may fit their lifestyle. Seek tasks/activities that help build confidence and support **their** strengths.

ACADEMIC SUCCESS/RESPONSIBILITIES

In the midst of their search for independence you remain an important influence in your adolescent's life.

- Set high (but realistic) expectations for your adolescent.
- Take an active interest in their schoolwork; assist them when problems occur or with study skills.
- Praise them for achievement and help them get back on track when they have difficulty.
- Attend school curriculum meetings, teacher conferences, and school activities.
- Assist them in prioritizing the tasks and activities in their life, so that homework and home responsibilities come before TV and social activities. Time management is a valuable lesson to learn.

DISCIPLINE

Discipline is not synonymous with punishment but consists of education and training for self-control and preparation for adulthood. It involves rewards and privileges, restrictions, and

delaying gratification. Consistency and fairness is key. Set fair rules with appropriate limits, and be consistent in enforcing them.

GUIDELINES FOR EFFECTIVE COMMUNICATION

- Commit yourself to really listening to your adolescent; give them your full attention, maintain eye contact and avoid distractions.
- Ask questions and try to see why they feel the way they do. Despite their curt responses, adolescents do like being asked about their day/activities/thoughts.
- Find as many situations as possible in which you can give praise and approval.
- Don't pretend to know all of the answers. When you are wrong, admit it. Apologize if you make a mistake.

PEER GROUPS AND FRIENDS

All adolescents have a need to belong and be accepted by peers. They become very focused on social life, friends and school. Close friendships with members of the same sex are developed. Most enjoy doing activities with a peer group that may have members of both sexes. Make an effort to get to know your adolescent's friends. Be sure all of their activities are properly supervised or chaperoned.

PUBERTY

- Talking to them and giving them straightforward answers prior to the changes they will experience will help them be prepared. Keeping an open dialogue can help ensure they learn facts within a framework of values that your family feels is important.
- Be sensitive to their need for privacy.
- Girls begin with breast development, body hair, broadening of hips; then menstruation typically begins 2 years later. Boys begin to have nocturnal emissions "wet dreams", facial/body hair, broadening of shoulders, voice changes as well as body odor.

ACNE AND SKIN CARE

- Acne is caused by the effects of hormones on the skin's oil producing glands, that become active during puberty and produce sebum. This leads to inflammation and the appearance of redness, blackheads and pustules. A diet of French fries and pizza won't worsen acne (but we don't recommend it).
- Encourage daily face washing with a mild cleansing agent, not a drying soap, and an over the counter cream containing benzoyl peroxide for pimples.

SAFETY

- Keep guns locked up unloaded with the key in a separate location.
- Continue drug education. Discourage tobacco use in any form (cigarettes and 'dip'). Set a good example by limiting your own use of alcohol, tobacco and medications.
- Ensure after school supervision.
- Lifting weights should be done by focusing on repetitions, maximum weight presses can be hazardous during adolescence.

Your child's next well visit should be in 1 year.

Additional Resources for Parents

Caring for your Adolescent: Ages 12 -21, AAP (2004)

What's Happening to My Body? Book for Boys or Book for Girls, Madaras, et al. (2000)