

# Adolescence(13-18year)

## HEALTH ISSUES

Offer healthy snack and meal choices. Encourage fruits and vegetables.  
Encourage 3 meals daily, including a well-balanced breakfast.  
Avoid direct sun exposure. Use a sunblock - SPF 50.  
Make an appointment with your dentist for a routine exam and continue routine cleanings every 6 months.  
Brush (with toothpaste) and floss teeth twice daily.  
Ensure adequate amounts of uninterrupted sleep (9-10 hours).  
Physical activity (at least 60 minutes per day).  
Encourage importance of good personal hygiene.  
Counsel on avoiding smoking, chewing tobacco; alcohol; diet pills; steroids; and drugs. Avoid situations where these items are used and offered.

## SAFETY ISSUES

Use a seat belt whenever in a moving vehicle.  
Set limits and encourage importance of good driving responsibility. Follow speed limits. Avoid driving or riding in a car when alcohol is used.  
Install and test your smoke detector in or near your child's room.  
Obtain your local Poison Control Center's phone number and keep it on hand.  
Demand use of bike helmet; mouth guards and protective sporting gear when necessary.  
Instruct on fire safety.  
Avoid tanning salons and excessive sun exposure.  
Do not keep a firearm in your home. If you must, make sure it is locked and out of reach from your child. Do not allow your child to carry weapons.  
Make sure your child knows how to swim and follow water safety rules.

## YOUR CHILD SHOULD...

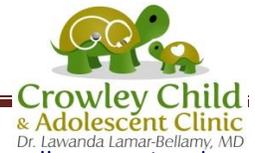
Have specific interests or hobbies.  
Show pride in his or her achievements.  
Respect limits and consequences parents institute.  
Listen and care about peers and siblings.  
Be making steady progress in school.  
Share in household responsibilities.  
Know how to swim.

## YOU SHOULD...

Praise your child at every opportunity.  
Talk regularly with your child.  
Listen to music together with your child. Monitor the types of music your child listens to.  
Play board games and card games with your child.  
Limit screen time (TV, computers, video games, tablets, and smart phones) to certain programs and to maximum of 1 hour per day. Practice selective TV viewing (not channel surfing). Remove all electronics (including cell phones) at bedtime until morning time  
Encourage your child to read books.  
Encourage participation in sports, hobbies, learning a musical instrument and other specific interests or talents.  
Be consistent with rules. Reinforce limits and provide consequences. You decide how strict or liberal to be, just make sure you are consistent.  
Set reasonable but challenging goals for your child.  
Respect your child's autonomy, privacy.  
Offer choices to your child at every opportunity to allow decision-making.  
Eat meals as a family.  
Spend time doing fun family activities and rituals/traditions.  
Try to allow expression of feelings (anger, joy, sadness, fear). Offer ways to resolve conflicts and handle anger.  
Discuss strategies for handling peer pressure. Discuss self-confidence issues, importance of value system, seek help if depressed, or feels hopeless.  
Prepare your child for puberty and sexual development. Discuss body image, changes with boys and girls, menstruation with girls. Expect sexual curiosity. Discuss sexual feelings as normal. Encourage abstinence from

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sex - "do not have sex if you do not want to"; it is the safest way to avoid pregnancy and sexually transmitted diseases, including HIV/AIDS. Answer questions appropriately. When necessary encourage safe sex practices (condom use, limit partners, birth-control). **DON'T IGNORE THIS ITEM - THE TIME TO DISCUSS THIS OPENLY IS NOW!**

Encourage your child to have positive interactions with teachers and other adults.

Prepare for school and meet with teachers regularly. Get involved with your child's school and organized activities.

Discuss job or career goals and interests (college, vocational training, and military).

Assign chores and offer allowance.

Get to know your child's friends and their families. Encourage interaction with good peer groups.

Be an example of the type of person you want your child to be.

Spend time alone with your partner - one of the best thing you can do for your older child is to maintain a quality relationship with your partner.

### IMMUNIZATIONS...

Your child may have received some immunizations in order to finish all recommended vaccines for the appropriate age.