

# Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

## Teen Well Visits

### *What your child may be doing now:*

- Have more interest in romantic relationships and sexuality.
- Show more independence from parents.
- Have a deeper capacity for caring and sharing and for developing more intimate relationships.
- Spend less time with parents and more time with friends.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.
- Learn more defined work habits.
- Show more concern about future school and work plans.
- Be better able to give reasons for their own choices, including about what is right or wrong.

### *Nutrition/Exercise:*

- Try to eat meals together as a family- work on a balanced diet with food from all food groups including lean protein, low fat dairy, whole grains, fruits and vegetables
- Most teens are lacking in vitamin D and calcium
- Fat should make up less than 30% of the diet
- Limit junk food. Try to stock the house with healthy snack foods.
- Parents should encourage a healthy body image, emphasizing healthy eating and exercise rather than weight.
- Try engage in vigorous activity for at least 60 minutes daily
- Limit non school related screen time to less than 2 hours every day

### *Parenting:*

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Teens need at least 8-10 hours of sleep nightly
- Your teen may be becoming more independent now. Allow him to express himself, and be an “individual.”
- Decide on fair rules and consequences together, and then enforce them consistently.
- Give your child reasonable chores and responsibilities.
- Talk to your teen about sex, smoking, drugs, peer pressure, etc. Listen to what he or she has to tell you.
- Respect your teen’s need for privacy and to assert his or her independence in safe ways at this age.
- Teach your teen healthy ways to deal with stress- exercise, talking, journaling, meditation
- Even though your teen may drive, he or she still needs a parent present for routine visits, and for vaccinations. Exceptions are made for confidential care- [see our policy](#).
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Safety:*

- Always use seatbelts in the car, and helmets on bikes, scooters, skateboards, skis and other vehicles.
- Always pay attention when driving, No texting or talking on the phone when behind the wheel.
- Limit the number of drivers in the car as well as nighttime driving and distraction

- Be smart about Internet safety. Don't talk to anyone you don't know online, and don't post personal information online.
- Talk about online citizenship and safety. This includes treating others with respect online, avoiding cyberbullying and sexting, being wary of online solicitations, and safeguarding privacy.
- If you have guns in your home, keep them unloaded, and locked away. Keep ammunition locked in a separate location
- Use a sun screen with an SPF of at least 30 whenever you are out.
- Have you ever felt depressed, thought about hurting yourself, or killing yourself? Talk to your doctor about getting help.
- Do you worry a lot about your weight? Have you ever severely restricted your diet, binged, or purged? Eating disorders can be deadly- let us know if answered yes to any of these questions.
- If you think you may be gay, lesbian, bisexual, or you are unsure, you are not alone. Talking with someone you can trust can help. One resource is the National Gay/Lesbian/Bisexual Youth hotline: 1-800-347-8336.

### *Teen Stuff:*

- When you come to your visit, you'll always have time to talk to your doctor without a parent present- this is so that you can have a chance to ask questions that may be private or confidential.
- The decision whether to have sex is a serious one- only you can make it. The safest way to prevent pregnancy, HIV, and STD's is by not having sex. If you do have sex, condoms are a must. Talk to your doctor about birth control and testing you for STD.
- If you have unprotected sex, talk to your doctor right away about emergency contraception- it works best in the first 72 hours, so call ASAP.
- Talk to us about smoking, alcohol, and drug use. If you are having a hard time making healthy choices, we can help.

### *Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children under 18.
- [Menactra](#)
- [HPV](#)
- [Meningitis B](#) if appropriate

### *Web Resources:*

- [Choose My Plate](#)
- [Acne facts](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- [Teen health](#)
- [Girls Health](#)
- [Internet safety](#)
- [Eating disorders](#)
- [Health relationships](#)