

PARENT INFORMATION SHEET FOR 12-13 YEAR-OLDS

VACCINES:

- * Tdap Booster - prevents tetanus (“Lock-jaw”), diphtheria and pertussis (“Whooping Cough”). Most teens will have received this at age 11 years. If not, it will be given to older teens. Booster doses are given every 10 years, sometimes sooner.
- * Meningococcal Conjugate Vaccine (MCV4), 1st dose – prevents severe infections like meningitis. Most teens receive the first dose at age 11 years. If not, it will be given to older teens. The second dose is given at 16 years of age.
- * Human Papillomavirus (HPV), 1st dose – this series of three doses prevents infection with HPV, a virus that causes cervical cancer (in females), throat cancer, and genital warts. Most teens receive the first dose at age 11 years. If not, it will be given to older teens. Your teenager should return for a nursing visit in two months to get the second dose.
- * Flu vaccine may be offered during the months of October – March.
- * Most teens do not get serious side effects from the vaccines. If side effects occur, they are usually mild. Fever and discomfort at the injection site are common. Acetaminophen (Tylenol and other brands) can help.

SCREENING TESTS:

- * Complete Blood Counts (CBC) or Hemoglobin (Hgb) – a test for anemia, or low red blood cell counts. In children, anemia usually is from not eating foods with enough iron. We test all children at 12 and 17 years of age to make sure their bodies have enough iron. At other ages, we only test children who are at high risk.
- * Cholesterol test, or Lipid Panel – a test for high cholesterol levels. This may be offered if your child is considered high risk.
- * Tuberculosis skin test (for “TB” – also called the “PPD test”) – This is only done for children who are at high risk of TB infection. Please bring your child back to the clinic in 2-3 days to document the results. Teens may be eligible to have TB testing done as a blood test instead of the PPD.
- * Vision Test – is done to check for vision problems. For older children and teens, it is done routinely every 2 – 3 years. It is done at other ages only if there is a concern about the child’s vision.
- * Hearing Test – is done to check for hearing problems. It is done routinely at 10 and 17 years of age. It is done at other ages only if there is concern about the child’s hearing or language development.

ENTERING ADOLESCENCE:

- * Adolescence is a time during which children develop into young adults. Learning to develop adult relationships, responsibilities and independence are the main goals of this time period.
- * Effective communication is an important part of parenting young teens but can be challenging. Make sure to listen and not just talk.
- * Important topics to discuss at this age include physical changes of adolescence, sexuality, peer pressure, future plans and entering adulthood, family values regarding smoking, drinking, and drug use, and school performance.
- * Personal safety is particularly important. Talk about topics like seatbelts, how to get help if feeling unsafe, appropriate behavior with the opposite sex and at parties, and non-violent ways to express anger or frustration.

SCHOOL and FRIENDS:

- * It is important for your child to understand that school should be fun but also a serious commitment.
- * Help your teen to have a good attendance record, but allow absences for serious illnesses, especially with fever.
- * Your teen spends a lot of his time in school, and it is a very important part of his social and academic development. So...
 - o Talk to your teen about what happened in school each day.
 - o Help your teen manage his time.
 - o Contact your child's guidance counselor or teacher if you have concerns or questions about how things are going for your teen at school. Attend parent-teacher conferences.
- * Encourage participation in after-school activities (sports teams, music groups and lessons, etc...).
- * Teens should start to take responsibility for getting up on time for school by using an alarm clock.
- * Get to know your teen's friends and their families.

BEHAVIOR:

- * Negotiate fair rules for things like household chores, TV/video game time, homework, allowances, bedtime, and activities out of the house.
- * Praise and rewards are still effective for teaching good behavior. Praise your teen for what she does, not how she looks.
- * A good way to discipline your teen is by limiting privileges for unacceptable behavior. Be careful to avoid excessive punishment.
- * Respect your teen's privacy. If you open her mail, listen in on his telephone conversations, or look through his belongings, your child may learn not to trust you.

- * Teach your teen how to manage money. Consider opening a joint bank account for your teen to use. Teens need to be allowed to spend allowances as they see fit.
- * If you are ever concerned that your child is too sad, depressed, nervous, irritable, hopeless, or angry, talk with us right away.

DIET/NUTRITION/HYGIENE:

- * For teens with normal growth, encourage healthy lifestyle and eating habits. Important things to think about are:
 - A diet high in fresh fruits and vegetables and low in fats is best for most teens.
 - Be sure your teen is getting consistent intake of low-fat protein, preferably skinless chicken (not fried), lean cuts of beef or pork, and vegetables that are high in protein such as beans and tofu (soybean).
 - Meat is the best source of iron. If your teen does not eat meat (particularly red meat), she may need a daily multivitamin with iron.
 - Low-fat milk and dairy products are best for most teens. If your teen does not drink milk, talk with us about a vitamin D supplement.
 - Try to discourage all sugary drinks, such as juice, soda and sports drinks. Sports drinks are not usually necessary and are quite expensive!
 - Starchy foods like bread, rice, pasta, potatoes, and bananas/plantains contain a lot of calories, or energy. They are called “carbohydrates” or just “carbs.” Most people eat too much of them. At meals, starchy foods should be no more than one-quarter of the food.
 - Teach your teen to eat when hungry and not when bored. Overeating and excessive snacking cause obesity.
 - If your teen needs to change his diet to make healthier choices, changes should be made for all family members. If everyone at home has healthy eating and shopping habits, your teen will follow these examples.
 - A healthy diet can include treats and fun foods. Just try to keep them as “sometimes” foods and not “all the time” foods.
- * Teens who watch TV or play video/computer games for more than 1-2 hours per day are more likely to be overweight. Do not put a TV in your teen's bedroom.
- * Encourage one hour per day of vigorous exercise.
- * Remind your teen to brush and floss his teeth at least two times per day. Visits to the dentist should be two times per year.

HELPING YOUR TEEN MANAGE HIS/HER HEALTH CARE:

- * Encourage your child to know the basics of his health care – any chronic diagnoses, medication names, and allergies.
- * Encourage her to ask her provider any questions she may have. Try to have her write down three questions before her next visit.

NOTE TO PARENTS ABOUT CONFIDENTIALITY AND HEALTH CARE FOR TEENS:

- * As your child gets older, it is a good idea for him to spend a few minutes alone with his provider. Think of it as “practice” for him to get used to managing his own health.
- * Teens also are legally entitled to some confidentiality in their care. Encourage them to discuss personal concerns with medical providers.

NEXT VISIT: once per year for check-ups/physicals and as needed for other problems, illnesses, or injuries

WANT MORE INFORMATION?

The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.

Check out *Bright Futures* parent information from the American Academy of Pediatrics at:

<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%20110/11-14%20Year/D.Adol.PH.EA.pdf>

Check out *Healthy Children* parent information from the American Academy of Pediatrics at:

www.healthychildren.org/

Find more information and tools on our CHA website page for parent resources at:

<http://www.challiance.org/Services/PediatricsResourcesforParents.aspx>

Find us on Facebook at: <https://www.facebook.com/CHAPediatrics>

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