

PARENT INFORMATION SHEET FOR 16-17 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. If not already done, the first dose will be given to older teens. If given before 16 years of age, a second dose is given between 16-18 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 teens, anemia usually is from not eating foods with enough iron. We test all children at 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 teen is considered high risk.
- * Tuberculosis skin test (for “TB” – also called the “PPD test”) – This is only done for teens who are at high risk of TB infection. Your teen should return 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 including at 17 years of age. 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. In this age range, it is done only if there is concern about the child’s hearing or language development.

MIDDLE 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.
- * Communication is important but challenging. Make sure to listen.
 - Set aside time to be with your teen and really listen to his or her hopes and concerns
 - Be there for your teen they need support or help in making healthy decisions about sexual behavior.
- * Important topics to discuss at this age include sexuality, family values regarding smoking, drinking, and drug use, school performance and future plans.
- * Personal safety is another important topic. Talk about seatbelts, rules for riding with friends who drive, drinking/texting and driving, 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.
 - Think about a teen driver contract for safety:
http://www.cdc.gov/ParentsAreTheKey/pdf/Parent_Teen_Driving_Agreement-a.pdf

SCHOOL and FRIENDS:

- * Praise positive efforts and success in school and other activities.
- * Check in with your teen's teacher about her grades on tests.
 - Attend back-to-school events and teacher conferences.
- * Help your teen find new activities she enjoys.
 - Encourage your teen to help others in the community.
 - Help your teen find and be a part of positive after-school activities and sports.
- * Encourage healthy friendships and fun, safe things to do with friends.
- * Know your teen's friends and their parents, where your teen is, and what he is doing at all times.

BEHAVIOR:

- * Support your teen as he figures out ways to deal with stress and anger. Encourage non-violent ways of expressing anger.
- * Support your teen in solving problems and making decisions.
- * If you are concerned that your teen is too sad, depressed, nervous, irritable, hopeless, or angry, talk with us right away.
- * 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. 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.

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. Teens who do not eat meat (particularly red meat) may need a daily multivitamin with iron.
 - Three servings per day of low-fat (1%) or fat-free milk and dairy products are best for most teens. If your teen does not drink milk, talk with us about a vitamin D supplement.
 - 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.
 - 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 CHILD MANAGE HIS/HER HEALTH CARE:

- * At this age, it is very important that your teen spend time alone with his provider.
- * Encourage your teen to know the basics of his health care – any chronic diagnoses, his medication names, and allergies he may have
- * Before visits to the doctor’s office, suggest your teen write down questions to ask her medical provider. Encourage your teen to discuss personal concerns with providers.
- * Encourage your teen to carry a copy of her insurance card.
- * Your teen should begin to schedule his appointments and call for medication refills when appropriate.
- * Encourage her to manage her own medications at home when appropriate.

NOTE TO PARENTS ABOUT CONFIDENTIALITY AND HEALTH CARE FOR TEENS:

- * Teens are legally entitled to some confidentiality in their care.
- * Mature teens may want to sign up for MyCHArt, our on-line patient portal which enables them to communicate with us by email and have access to some of their medical records.
- * You and your child should be aware that when she turns 18, she is legally an adult, and will be legally responsible for her care.
- * At 18 years of age, your teen should sign a form giving consent for medical care and a privacy statement (the “HIPAA” form).
- * You and your teen should also start to think about the eventual transition to an adult medical provider; although that may still be a few years away.

NEXT VISIT: once per year for check-ups/physicals during ages 17-21 years and as needed for other problems, illnesses, or injuries

WANT MORE INFORMATION?

The internet can be an excellent source of information on adolescent 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%20110/15-17%20Year/D.Adol.PH.15-17yr.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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