Adolescent Anticipatory Guidance for Age 11-18 years

"Communication is an important Bond between children and parents and is the most powerful tool we have to prevent negative outcomes for our children." Dr. Burress

Vaccinations:

Review vaccines and boosters at every visit.

Safety:

- Advise your child of the negative effects of Alcohol, Tobacco, Drugs, and Inhalants and to avoid these
- Advise your child to always wear their seatbelts when in a vehicle
- If they drive (>16), advise them to always follow speed limits and traffic rules
- Wear helmets for wheeled activities. No ATV use under age 16.
- Keep guns unloaded and locked; lock ammunition separately.
- Use shade, protective clothing and sunscreen outdoors; do not wait 45 minutes to protect skin.

Nutrition:

- Offer varied vegetables, fruit, whole grains, protein foods and dairy.
- Limit TV, Video Games, Computer Games, Texting to no longer than 2 hours total daily
- Advise your child of the importance of Physical Activity including spending time outside, running, playing, biking, swimming, and any physical activity that burns calories

Oral Health:

- Advise your child and schedule them for routine dental appointments

Development and Behavior:

- Advise and counsel your child to begin to take responsibility of important things in their life including their healthcare
- Discuss with your child that we are human beings and we are going to have failures in our lives, but we must learn from mistakes and failures and grow and mature
- Discuss any developmental changes in your child's life including but not limited to: Sexuality, Menstruation in young women, hair growth in young men and women, and any other issues that you wish your parent had discussed with you regarding your maturity and developmental changes
- Talk early and in age-appropriate ways about consent, relationships and sexual health. Not having sex prevents sexual transmission and pregnancy. For sexually active teens, condoms reduce STI risk; discuss effective contraception and testing confidentially with the clinician.
- Discuss the risks of Sexual activity including pregnancy, Sexually Transmitted Diseases such as HIV, Syphilis, Chlamydia and others
- Discuss with your child about their feelings, friends, future career plans, and get involved with their lives to prevent Depression risk and Suicide (Please ask for a handout on Adolescent Depression for more details)
- Give positive Feedback and support for any positive events that are occurring in your child's life
- Encourage Volunteering and involvement in community events, sports, school activities, and religious activities to grow your child socially

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