Optimum
Internal Medicine & Pediatrics

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:

If your child has not received 7th Grade Vaccinations please speak to your provider regarding Vaccinations

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
- If they are using a bicycle, skateboard, scooter, go kart, ATV or other open air vehicle, advise them to always wear a helmet
- Always put Guns and Ammunition in different areas in a home and counsel and advise your children on safe useage of a firearm
- Advise your child to limit their exposure to the sun, including always wearing sunscreen when outdoors for longer than 45 minutes

Nutrition:

- Advise your child of a healthy diet, includes baked goods, fresh fruit and vegetables, and water
- 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
- Discuss with your child Sexual Activity (best done in a child mature enough to receive the information, usually 12-13 years of age or older) and that the best plan to prevent pregnancy and a Sexually Transmitted Disease is abstinence until they are mature enough (adulthood) to make a decision about sexual activity but that barrier methods such as condoms are the best source of protection for themselves during intercourse
- 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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