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**Pierremont Pediatrics**

[www.pierremontpediatrics.com](http://www.pierremontpediatrics.com)

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## Teenager

### General health

- Teenagers should receive the following recommended immunizations: HPV (Gardasil) vaccine if not done at 11yo, Trumenba (meningitis type b vaccine) two dose series recommended at age 16, and a second dose of Menactra
- It is important to encourage your teenager to be mindful of appropriate time limits for TV and computer. Less than 2 hours of screen time is considered an appropriate amount. Discuss appropriate behavior for your child in regards to cell phone and internet activity.
- We recommend teenagers have limited access to social media—parents should be aware of web access and chat rooms on electronic games. Parents should have all logon IDs and passwords and monitor their children's interactions with other people via text or internet.
- Parents should still monitor access to the internet.
- We recommend parents take up all electronic devices at night and charge them in a common area of the house.
- It is important to encourage physical activity resulting in an accelerated heart rate, at least 30 minutes a day 5 days a week.
- Acne is a common skin condition we see in many pre-teenage and teenage patients. Since acne is due to bacteria on the skin as well as hormonal changes secondary to puberty. We advise most patients to start treating acne with daily skin cleansing using bar soap or an acne facial wash. An over-the-counter topical acne product containing benzoyl peroxide can be used to help control breakouts and should be applied according to package instructions. Remember that some products if used too often may make skin appear irritated and treatment should then be decreased. Please discuss any questions you may have with your child's doctor.
- Hormonal changes secondary to puberty may also increase your teen's body odor and we recommend regular bathing and use of deodorant.

### Nutrition

- Teens should eat 3 well balanced meals a day, including breakfast.
- Limit fast food, fried foods and sugary drinks (including sports drinks) and snacks. Teenagers should drink mostly low-fat milk and water.

### Behavior

- Parents should talk with teenage children about developing responsible behavior regarding school work and work around the house.
- 15% of 10<sup>th</sup> graders report they smoke cigarettes and 17% of 10<sup>th</sup> graders report they have tried an illicit drug. 1 in 10 high school senior report the non-medical use of a prescription narcotic. Please be aware of your child's potential for abuse and discuss with them the consequences of such risky behavior.

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## Sleep

- Teens need to sleep 8-10 hours a night. Regular routine bedtime should be encouraged and daytime napping should be discouraged in order to optimize your teens sleeping habits.

## Injury Prevention

- Teens should be in a seat belt with the shoulder strap appropriately placed over their shoulder at all times whether driving or riding. They should make sure everyone in their car is also properly restrained in a seat belt.
- Be mindful of the leading cause of death in this age group is automobile accidents often due to distracted driving. Please encourage your child not to use a cell phone for talking or texting while driving.
- A helmet should be worn when riding a bike, skateboard, motorcycle, or All Terrain Vehicle.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times. Once a child is an appropriate age they should be educated on gun safety.
- Have working smoke detectors in your house. Check the batteries in your smoke detectors often.
- Create a fire safety plan for your home. Practice with your child what to do and where to go in case of a fire.
- **Teach your teen the appropriate time to call 911.**

**“Come Grow With Us!”**

Today's Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_

Weight: \_\_\_\_\_ lb \_\_\_\_\_ oz ( \_\_\_\_\_ %)

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

BMI: \_\_\_\_\_ ( \_\_\_\_\_ %)

My next appointment: \_\_\_\_\_