

The logo for Kids Plus Pediatrics features the letters 'k', 'i', 'd', 's', and a plus sign, each inside a colored square: 'k' in green, 'i' in red, 'd' in purple, 's' in yellow, and '+' in blue. Below this, the word 'pediatrics' is written in a lowercase, sans-serif font.

Teen Years Handout

QUESTIONS

1. Has the patient ever fainted or passed out with exercise, exertion, and/or emotional stress?
2. Has anyone in the family had seizures, fainting (syncope), sudden death, drowning, and/or unexplained accidents?
3. Is there any history of chest pain or shortness of breath with exertion?
4. Has the patient ever had a concussion, or serious head injury?
5. Is there a family history of high blood cholesterol?
6. Is there a family history of heart attacks, angina, stroke, or bypass surgery in men younger than 55, or women younger than 60?
7. Is there any family history of anxiety or depression?
8. Has your child had Impact testing?

HEALTH HABITS

Children should eat a well balanced diet and have breakfast before going to school. A minimum of three servings of calcium a day is recommended and 5 servings of fruits or vegetables per day. Avoid excessive pop, candy, chips, and other junk foods. If a child needs a snack, encourage fruits and vegetables for nibbling, and water for between meals. As your child grows, be sure she maintains an appropriate weight. Habits children develop at this age will affect their eating habits the rest of their life, so now is the time to get them off to a good, healthy start. And remember, children imitate their parents, so be sure to set a good example.

Children should be brushing their teeth at least twice a day, as well as flossing. Dental visits every six months are also recommended. In addition to supplemental fluoride, if there is none in your water supply, until age 16.

Teenagers actually need more sleep than they did a few years ago. With earlier school starts and increased activities, it's not surprising that many adolescents don't get the sleep they need. Try and maintain regular schedules to help your child get enough sleep. Avoid caffeine in the evening and electronics before bed.

Encourage regular physical activity. Peer activities (scout groups, summer camps, church groups, etc.) are important for a child's social development. Consider community sports and school sports. Children may also enjoy extracurricular activities such as playing a musical instrument, school clubs, hobbies,

etc. Practice bicycle and skating safety. The American Academy of Pediatrics recommends against playing on trampolines, due to the risks of serious injury. For those teens involved in multiple sports, remember to take a break to avoid overuse injuries. We do not recommend sports supplements.

Limit TV, computer, and video game time. Know the content of the programs/games your children watch and play. We recommend keeping total time for these sedentary activities to less than 1-2 hours a day on average. We also strongly discourage televisions in a child's bedroom. Encourage quiet inside activities instead, such as reading or other hobbies. Parents be sure to educate not only your adolescents on the dangers of the internet but also yourselves.

As adolescents go through puberty, they frequently have questions about personal hygiene such as sweating and body odor, shaving, menstrual cycles, and acne. It's important to discuss these topics with your children, both to reassure them that much of this is normal for their age, and also to help them minimize any problems these pose.

BEHAVIOR

Establish consistent rules at home with respect to TV, bedtime, helping with the chores, homework, etc. Children should become more self-responsible for things like homework and chores. As your child becomes more independent, allow her to make *age-appropriate* decisions and selections when possible.

Spend active time with your child, daily if possible, and show interest in his daily school activities. If able, attend activities in which they participate. Praising and encouraging your child's activities will help bolster her self-esteem. Continue to work on communicating with your child. *Realize the importance of being a parental role model!* Expect periods of estrangement in parent-adolescent relationships.

Get to know your child's friends. Encourage her to invite her friends to your home, so you can spend some time with them (even if just observing their play habits). Also, realize that peer pressure plays an increasing role in how your child behaves. Talk to your child about how to think for himself, and how to deal with peer pressure.

Adolescents often have questions about sex education. Many schools discuss these topics, but we advise parents to have a conversation with their child as well. If you need help or are unsure what kinds of things to discuss, we'd be happy to assist you.

SAFETY TIPS

Accidents are the greatest threat to the life and health of children. More school-age children die of injuries than all other diseases combined. As children get older, they do more things away from home, and often do not see the need for adult supervision. They look to friends for approval. They try to do daring things, and often do not want to obey grown-up rules. You need to take charge, and remind your child of safety. As adolescents go out more, they are more likely to drown, or be hurt on a bike, or be hit

by a car, even though they are older. Here are a few hints to help keep your teenagers safe:

Prevent Fires and Burns

- Check your smoke detector (replace the batteries if necessary) and practice a fire escape plan.
- Keep a fire extinguisher near or in the kitchen.
- Use sunscreen if your child will be outside playing. We recommend an SPF of at least 30 and to reapply frequently.

Prevent Drowning

Your child should be continuously supervised by a responsible adult when in or around water. Even if he knows how to swim, he is not safe alone in the water. Never let your child swim in canals or any fast-moving water. Your child should never swim alone.

Firearm Safety

Keep guns locked, unloaded, and ammunition stored separately.

Sports Safety

Be sure your child wears all the protective equipment made for the sport she plays, such as shin pads, helmets, or mouth guards. Encourage warm up and cool down exercise. Keep hydrated! Impact testing should be done every two years.

Trampolines

The recreational use of trampolines is not recommended by the American Academy of Pediatrics or Kids Plus. For more information, see the Doctor's Note on our website: <http://bit.ly/KPTrampoline>

Concussion Safety

We recommend at age 10, all children who are physically active have a baseline ImPACT test done in one of our offices. The test, which takes about 20 minutes, identifies reaction time and short- and long-term memory prior to any possible head injury or concussion. For more information on concussions and ImPACT testing, see our Doctor's Note: <http://bit.ly/KPImpact>

Vehicle Safety

Everyone in the car should always be restrained in some manner.

You can see the Doctor's Note on our web site: <http://bit.ly/KPPCarSeat2>

We *do not* advise buying motorized vehicles for children. The American Academy of Pediatrics recommends against the use of all-terrain vehicles by children less than 16 years old.

Consider safe driving courses prior to obtaining a license.

Bike Safety

Everyone should wear a bicycle helmet while riding a bicycle and reflective gear if riding at night.

Tobacco, Drugs, and Alcohol

This is an appropriate age to start discussing tobacco, drugs, and alcohol. Children are exposed to these as early as elementary school from peers, and it's important they know how to respond when confronted in such an event. This is something you should discuss periodically throughout childhood.

It's important to keep open lines of communication between teens and their parents. Teens may be under significant amounts of pressure from friends and classmates to smoke or drink or experiment with drugs. Open lines of communication within the family have been shown to help deter this behavior. Teens, remember your parents are here to help you, and to give you the information you need to make the correct choices. Don't be afraid to ask them questions. Or just to talk to them. KPP staff is always

CONFIDENTIALITY

During the teen years, we will ask parents to leave during part of the physical exam, to give the physician and teen time to discuss any private matters. These discussions are kept confidential and will only be shared with the parent if the teen gives us permission, or the Provider feels the teen is in imminent danger. We ask parents to respect this confidentiality, and we urge Teens to use this time to discuss any issues they may not feel comfortable discussing with their parents.

WALK-IN HOURS

We offer no-appointment necessary Walk-In Hours, mornings and evenings, at all offices:

Weekday Mornings, 8:15 to 9:30am at Pleasant Hills and Squirrel Hill/Greenfield

Weekday Evenings, 6:30pm to 8:00pm

Monday, Tuesday, Wednesday at Pleasant Hills

Monday and Thursday at Squirrel Hill/Greenfield.

All Day, Every Week Day at Cranberry/Seven Fields

These hours are to address routine health problems such as sore throat, cold symptoms, fever, rash, and ear pain. They are not designed to evaluate chronic problems. If your child is older than 4 months and has had symptoms fewer than 3 days, you can be seen on a first-come, first-served basis.

You can read more about Walk-In Hours on our Kids Plus web site, www.kidspluspgh.com.

QUESTIONS & CONCERNS

If you feel you need additional advice between regular check-ups, you can post questions to our Facebook page or telephone us during office hours. Facebook, where we answer questions sometimes as

quickly as in a few minutes, is a great place to ask about general, non-pressing issues. (You can also check the Doctor's Notes library on our web site, which features well over one hundred different topics covered by our Kids Plus Providers.) For more detailed and pressing health questions, it's best to call. Either way, we're always happy to provide counseling and guidance. It's both our job and our pleasure! If you have several concerns/questions please let the office staff know when scheduling the appointment so we can schedule appropriately.

When calling after office hours, your call will be answered by an answering machine. If you have a concern that can't wait for regular office hours, please leave your name, your child's name (with spelling), and your phone number, and we'll return your call usually within an hour or so. If you have an emergency that requires an ambulance or paramedics, call 911 *first*. If you have an emergency that can't wait for a call back and need to have the doctor urgently paged (such as seizures, respiratory illness with labored breathing, suspected dehydration, or similar conditions), the recorded message will give you the answering service's phone number, and they can reach the doctor on call for the emergency.

AND REMEMBER...

We have a wonderful, 24/7/365 resource for parents at our **Kids Plus Facebook Page**. Like us on Facebook, and follow along with our great Kids Plus Social Media Community!

You can access the **Kids Plus Patient Portal 24/7/365** on your computer, tablet, or smart phone. No matter where you are, you can always see and print many of your child's medical records, including growth charts, immunization records, prescriptions, lab results, and visit notes. It's like having a Kids Plus virtual office right at your fingertips.



We look forward to seeing you next year!