



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Blood pressure: _____

Well-child exam: 15-18 years (male)

Nutrition

- Try to have one meal a day together and offer healthy choices.
- Serve a variety of healthy foods, including plenty of fruits and vegetables, breads, cereals and other grain products, low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Model and encourage healthy food choices.
- Talk with your teen about limiting fast foods, sodas, high-fat snacks and junk foods.
- Limit juice intake to 8-12 ounces daily.
- If you are worried about your teen's eating habits, talk about these concerns with your teen and provider.

Healthy habits

- Regular exercise is an important part of your teen's physical health. Encourage him to vigorously exercise at least three times per week.
- Encourage your teen to read a book instead of watching television or playing computer or video games.
- Limit your teen's total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- He should continue to wear a helmet, mouth guard and other protective equipment appropriate for the activity in which he is participating.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing. (Avoid eyes.)
- Get adequate sleep; the average teen requires at least eight hours of sleep each night.
- Have your teen visit a dentist every six months, brush his teeth at least twice daily and floss every day.

Male physical development

- Most teen males still are maturing and gaining strength, muscle mass, height and are completing their development of sexual traits. If you or your teen has questions or concerns regarding his development, talk with your teen's provider.
- Encourage your teen to perform testicular self-exams. Cancer of the testicles (the male reproductive gland) is one of the most common types of cancer in men age 15-34. By regularly examining his testicles, he greatly increases his chance of finding testicular cancer early. If you or your teen has questions on how to perform a testicular self-exam, contact your teen's provider.

Safety

Topics to discuss with your teen:

- Seat belts are a must all the time;
- It is **not** recommended to use a cell phone while driving;
- Texting while driving is against the law;
- **Never** drink and drive. Never ride with someone who has been drinking or using drugs;
- Avoid high noise levels, especially in music headsets;
- If there are guns in the home, make sure the guns have a trigger lock and that the ammunition is stored separately from the guns; and
- Participate in your teen's online internet time. Put the computer in the living room or family room. Stay involved and monitor what your teen is doing.

Emotional and social development

- Set reasonable, but challenging goals. Working through new challenges can increase his self confidence.
- Help your teen learn to deal with stress.
- Your teen may:
 - Experience anxiety over school and test scores;
 - Seek privacy and time alone;
 - Be concerned about physical and sexual attractiveness;
 - Complain that parents prevent him from doing things independently;
 - Seek friends who share similar beliefs, values and interests; and
 - Be influenced by peers to try risky behaviors (alcohol, tobacco, sex).

Sexuality

It is important to talk with your teen about dating, sex, date rape and sexually transmitted diseases including HIV and AIDS. Discuss these topics with your teen openly. This will make it easier for him to ask questions and talk to you about his concerns.

When should I call the clinic?

Call the clinic if your teen:

- Has a sudden change in appearance;
- Has a sudden drop in grades at school;
- Spends more time alone;
- Seems depressed;
- Withdraws from family and friends;
- Talks about suicide; or
- Shows risky behavior.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.mdh.org
www.parenting.umn.edu
www.teenhealth.411.org



Community resources:

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Stars Network

This children's mental health information and crisis hotline is available 24 hours a day, 7 days a week. Call (800) 635-8008 or (320) 253-5555 or visit www.starsnetwork.org.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



Our Mission

We are dedicated to providing excellent service with the highest quality of care to those we serve.

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