



## Watching you grow!

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

Date: \_\_\_\_\_ BMI: \_\_\_\_\_

Weight: \_\_\_\_\_ %

Height: \_\_\_\_\_ %

Blood pressure: \_\_\_\_\_

# Well-child exam: 15-18 years (female)

## Nutrition

- Try to have at least one meal a day together and offer healthy choices.
- Encourage/teach her to plan and prepare a meal.
- 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.
- Water should be the main source of hydration.
- Sports drinks are unnecessary unless exercising for one hour or more.
- Energy drinks should never be consumed.
- Your teen should have 1300 mg of calcium daily.
- All females capable of becoming pregnant should consume 400 micrograms per day of folic acid.
- 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 her 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, cell phone and video games) to less than two hours a day and monitor her use.
- She should continue to wear a helmet, mouth guard and other protective equipment appropriate for the activity in which she 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 two hours or according to manufacturer instructions.
- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent 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 her teeth at least twice daily and floss every day.
- Teach her how to sort and wash clothing.

## Female physical development

- Most females have completed the physical changes related to puberty by age 15, but it is common for females to continue to develop after age 15. If you or your teen has questions or concerns regarding her development, talk with her provider.
- More than 50 percent of females have cramping during their menstrual periods. Cramps can last 2-3 days and usually occur with each menstrual period. Try these suggestions:
  - Take ibuprofen according to bottle directions, especially in the 2-3 days before the period starts and the first 1-2 days of the period.
  - Apply a heating pad or warm wash cloth to the abdomen.
  - Keep doing regular activities (going to school – gym class, swimming). Most girls who are busy notice their pain less.
  - Talk with your provider if cramps are severe or interfere with regular activities.
- Perform self breast exams once a month, right after menstrual period.

## Emotional and social development

- Set reasonable, but challenging goals. Working through new challenges increases 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 her from doing things independently
  - Seek friends who share similar beliefs, values and interests
  - Be influenced by peers to try risky behaviors (alcohol, tobacco, sex)

## Safety

Topics to discuss with your teen:

- State law requires that seat belts be worn at all times.
- State law prohibits drivers with permits or provisional licenses from using 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.
- Teenagers should wear appropriate helmets and protective gear while bicycling, rollerblading, skating, snowboarding and horseback riding.
- Avoid high noise levels, especially in music headsets.
- Store knives out of reach and sight.
- If there are guns in the home, be sure that guns and ammunition are locked up and stored separately.
- Stay involved and monitor your adolescent's cell phone, social media and other online activity. Require computer use in common living areas.
- Money management

## Sexuality

It is important to talk with your teen about dating, sex, pregnancy, contraception, date rape and sexually transmitted diseases including HIV and AIDS. Discuss these topics with your teen openly and frequently. This will make it easier for her to ask questions and talk to you about her 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
- Shows risky behavior

## Pediatrician-approved Web sites:

[www.aap.org](http://www.aap.org)  
[www.blendcentralmn.org](http://www.blendcentralmn.org)  
[www.cdc.gov/healthyouth](http://www.cdc.gov/healthyouth)  
[www.centracare.com](http://www.centracare.com)  
[www.childrensmn.org](http://www.childrensmn.org)  
[www.chop.edu](http://www.chop.edu)  
[www.girlshealth.gov](http://www.girlshealth.gov)  
[www.healthychildren.org](http://www.healthychildren.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.helpmegrowmn.org](http://www.helpmegrowmn.org)  
[www.parenting.umn.edu](http://www.parenting.umn.edu)  
[www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm](http://www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm)



## Community resources:

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1, 651-291-0211 or 800-543-7709.

### Poison Control number

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

### Mental Health Crisis Response Team

This team provides support and assistance 24 hours a day, 7 days a week to children, youth and adults experiencing a mental health crisis. Call 800-635-8008 or 320-253-5555 or visit [www.starsnetwork.org](http://www.starsnetwork.org).



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*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.*