

Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

Teen Well Visits

Nutrition/Exercise:

- Try to eat meals together as a family- work on getting a balanced diet with lots of fruits and vegetables, and 3-4 servings of calcium daily.
- Limit junk food. Try to stock the house with healthy snack foods.
- Take a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription
- Parents- encourage a healthy body image, emphasizing healthy eating and exercise rather than weight.
- Try to be active for 60 minutes a day- through sports, dance, or independent exercise. Choose something you like to do!
- Limit “screen time” (TV/computer) to 1-2 hrs/day.

Parenting:

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Your teen may be becoming more independent now. Allow him to express himself, and be an “individual.”
- Decide on fair rules and consequences together, and then enforce them consistently.
- Give your child reasonable chores and responsibilities.
- Talk to your teen about sex, smoking, drugs, peer pressure, etc. Listen to what he or she has to tell you.
- Respect your teen’s need for privacy and to assert his or her independence in safe ways at this age.
- Teach your teen healthy ways to deal with stress- exercise, talking, journaling, meditation, etc
- Even though your teen may drive, he or she still needs a parent present for routine visits, and for vaccinations.

Exceptions are made for confidential care- [see our policy](#).

- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

Safety:

- Use seatbelts in the car, and helmets on bikes, scooters, skateboards, skis, etc. When you start driving, pay attention! No texting or talking on the phone when behind the wheel.
- Be smart about Internet safety. Don’t talk to anyone you don’t know online, and don’t post personal information online.
- Parents-if you have guns in your home, keep them unloaded, and locked away.
- Use sun block whenever you are out.

Teen Stuff:

- When you come to your visit, you’ll always have time to talk to your doctor without a parent present- this is so that you can have a chance to ask questions that may be private or confidential.
- The decision whether to have sex is a serious one- only you can make it. The safest way to prevent pregnancy, HIV, and STD’s is by not having sex. If you do have sex, condoms are a must. Talk to your doctor about birth control and testing you for STD’s. HiTops is a great resource for teens to get these services in a confidential setting.
- If you have unprotected sex, talk to your doctor right away about emergency contraception- it works best in the first 72 hours, so call ASAP.
- Talk to us about smoking, alcohol, and drug use. If you are having a hard

time making healthy choices, we can help.

- Have you ever felt depressed, thought about hurting yourself, or killing yourself? Talk to your doctor about getting help.
- Do you worry a lot about your weight? Have you ever severely restricted your diet, binged, or purged? Eating disorders can be deadly- let us know if answered yes to any of these questions.
- If you think you may be gay, lesbian, bisexual, or you are unsure, you are not alone. Talking with someone you can trust can help. One resource is the National Gay/Lesbian/Bisexual Youth hotline: 1-800-347-8336.

Vaccines at this visit:

- The AAP and CDC recommend a yearly [Flu shot](#) for all children under 18.
- [Tdap](#)
- [Menactra](#)
- [HPV](#)

Web Resources:

- [Food Pyramid Website](#)
- [Acne facts](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- [Teen health](#)
- [Girls Health](#)
- [Internet safety](#)
- [HiTops](#)
- [Eating disorders](#)
- [Healthy dating relationships](#)