

15-19 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Cholesterol Check: _____

School and Friends:

- Praise positive efforts and success in school and other activities.
- Encourage reading.
- Help your teen find new activities he/she enjoys.
- Encourage your teen to help others in the community.
- Help your teen find and be a part of positive after-school activities and sports.
- Encourage healthy friendships and fun, safe things to do with friends.
- Know your teen's friends and their parents, where your teen is, and what he/she is doing at all times.
- Check in with your teen's teacher about his/her grades on tests.
 - Attend back-to-school events if possible.
 - Attend parent-teacher conferences if possible.

Your Growing & Changing Child:

- Help your teen visit the dentist at least twice a year.
- Encourage your teen to protect his/her hearing at work, home, and concerts.
- Keep a variety of healthy foods at home.
- Help your teen get enough calcium.
- Encourage 1 hour of vigorous physical activity a day.
- Praise your teen when he/she does something well, not just when he/she looks good.

Accident Prevention:

- Insist that seat belts be used by everyone.
- Do not tolerate drinking and driving.
- Set expectations for safe driving.
 - Limit the number of friends in the car, nighttime driving, and distractions.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Never allow physical harm of yourself, your teen, or others at home or school.
- Teach your teen how to deal with conflict without using violence.
- Make sure your teen understands that healthy dating relationships are built on respect and that saying "no" is OK.

Healthy Behavior Choices:

- Talk with your teen about your values and your expectations on drinking, drug use, tobacco use, driving, and sex.
- Be there for your teen when he/she needs support or help in making healthy decisions.
- Support safe activities at school and in the community.
- Praise your teen for healthy decisions.
- Sleep goal is 8-9 hours per night. Do not allow cell phone in room at night.

Feelings and Family:

- Set aside time to be with your teen and really listen to his/her hopes and concerns.
- Help your teen as he/she figures out ways to deal with stress.
- Support your teen in solving problems and making decisions.
- If you are concerned that your teen is sad, depressed, nervous, irritable, hopeless, or angry talk with me.

Pediatric Associates, Inc.

7910 W. Jefferson Blvd. Ste. 201
Fort Wayne, IN 46804 (260) 436-3789

••Gregory W. Veerkamp, M.D. ••Mary Pat Veerkamp, M.D.
David A. Rusk, M.D. ••Andrew P. Landrigan, M.D. ••Jennifer L. Landrigan, M.D.
Aaron J. Sackett, M.D. ••Kathryn I. Kleber, M.D. ••Abigail R. Haselden, M.D.