



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
www.townandcountrypeds.com

Your 12-14 Year old Early Adolescent

Name _____ Date _____

Weight _____ Height _____ B/P _____ BMI _____

Percentile _____ Percentile _____

Diet:

- Offer 3 regular meals and healthy snacks. Eat meals as a family if possible. Serve whole grain breads, cereals, and other grain products. Proteins in the form of lean meats, chicken, fish, and beans should be provided. Emphasize breakfast as the most important meal.
- Try to avoid high fat, low nutrient foods such as candy, chips, soft drinks, or energy/sport drinks.
- Your (pre)teen should drink 16-24 oz. of skim or low fat milk each day. Other dairy products, like yogurt and cheese are important for calcium needs. If milk is not consumed or “only with cereal”-substitute calcium fortified juice or ask about calcium supplementation.
- Multivitamins may be used if your teen’s diet is consistently inadequate.
- Express any concerns about weight such as “preoccupation with weight”/body image/eating/food choices with your provider.

Sleep:

- Maintenance of a regular bedtime during the week and also on the weekends is very important for a (pre)teen. Between 12-14 years of age, 9-10 hours of sleep each night is recommended. Catching up on weekends is not ideal.

Development:

- Regular physical activity/exercise is very important. Be active with your (pre)teen. Current recommendations are for 60 minutes/day. It does not have to be all at once.

- Peer relationships and acceptance in a peer group become increasingly more important. Your (pre)teen may need some guidance handling peer pressure. There is tremendous power and energy amongst their peer group, early adolescents may shun caution and engage in risky behaviors to satisfy curiosity.
- Signs of puberty may have already appeared. Talk to your teen about body changes and his/her feelings. Use correct terminology. Your (pre)teen is preoccupied and anxious about the physical changes in his/her body and may be overly critical of these changes- boost body image. Beware! Your (pre)teen may wish for more privacy at this time!
- Answer questions about sex and about physical/emotional feelings in an open, honest manner. Start talking about relationships when issues arise on television, at school or with friends. Be open and nonjudgmental, but be honest about your personal views.
- Your (pre)teen may wonder “am I normal” and “no one understands” – let them know in words and actions that you care and have had similar feelings.
- Prepare/talk to your daughter about her menstrual cycle- encourage her to plot its regular (or irregular) occurrence on a monthly calendar.

Safety:

- Your 12-14 year-old should be secured in a lap/shoulder restraint in the back seat. Be a role model and buckle up too!



- Use PABA-free sunscreen with SPF >15. Avoid tanning salons.
- Keep guns and ammunition locked in separate places.
- If your (pre)teen is a non-swimmer, enroll in organized swimming lessons. Knowing how to “swim” does not ensure safety in or near water. Supervision is still recommended. Your teen should be taught where and how to dive safely.
- Use a properly fitted bicycle helmet and protective gear and teach bicycle/roller-blade/scooter safety. Teach the “rules of the road” when on foot, in a car, or on a bicycle (wear a helmet!).
- Use appropriate protective equipment during sports – helmet, mouth guard, and shatterproof eye gear.
- Discuss avoidance of tobacco, alcohol, drugs (including inhalants and diet pills), and guns. Keep an open line of communication about the hazards and the side effects- be a good role model. Clearly discuss rules and expectations for acceptable behavior with these substances in open conversations with your pre-adolescent.

General Parental Guidance:

- Schedule dental visits every 6 months, brush twice a day. Flossing everyday is just as important.
- Rules and expectations should be discussed, clarified, and enforced. Assign household chores with an allowance. Parental monitoring remains critical to ensure that young teens remain safe while gradually becoming more independent in their activities outside the home. The new freedom of your early adolescent may represent opportunities to mature in new responsibilities and develop and utilize their strong decision-making skills. Mood swings and attempts at independence may trigger volatile arguments and rule challenges at home. Attempt to play the role of “authoritative” parent by being accepting and firm but democratic. Authoritative parents who have a balanced approach with unconditional love, combined with clear boundaries (family rules, limits and expectations) and consistent enforcement of discipline are building a strong lasting protective bond. It is these family ties that are the single most protective “risk behavior reducing factor” in middle and late adolescence.

- Limit the amount of TV and monitor the types of shows your child watches. Limit computer and video games. Set reasonable rules and guidelines for tv/computer use and post them in the house.
- The computer should be in a prominent location in the house to monitor your child’s internet activity. Teach your (pre)teen to never give out identifying information-home address, school name, or telephone numbers while chatting. Get to know the services and websites that your child uses. Get to know their “online friends” just as you would all of their other friends. Find out what types of information the site offers and whether there are ways to block objectionable material. Encourage your (pre)teen to tell you if they encounter messages that are suggestive, obscene, threatening or make your child feel uncomfortable.
- Spend time with your teen everyday - encourage reading and hobbies, take an interest in your (pre)teen’s day at school, and get to know your teen’s friends. Develop a pattern of communication and support him as an independent person. Make time every day to talk (mealtime, bedtime, drive to school time) about lots of things not just the unpleasant topics.
- Do not over schedule your (pre)teen. Too many activities outside of school can be stressful for the whole family. Family and “down”time are important.
- Help your teen learn about healthy lifestyles – hygiene, exercise and good nutrition. Early adolescence is a key period for engaging active participation in promoting optimal nutrition, physical activity, academic initiative, and emotional wellbeing. Try to be a good role model.
- Teens over 13 years of age can baby-sit after taking a babysitting class.



At Today’s and Each Yearly Checkup:

- Your (pre)teen will have a physical examination and have a chance to ask confidential questions. Your questions and concerns will be answered. A routine urinalysis will be done. Your (pre)teen may be taught how to perform breast/testicular self exam.



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- Your (pre)teen may need a tuberculosis skin test, tetanus with pertussis booster (Tdap), Varicella booster (chicken pox), meningitis (Menactra) vaccine, female patients may need a Human Papilloma virus vaccine (Gardasil). Hepatitis A vaccine is now available for your (pre)teen.

• **(Pre)Teen's Acetaminophen Dose:**

Every 4-6 hours & no more than 5 doses/day
 60-71 lb.= 2 ½ tsp 2 ½ 160 mg chewtabs
 72-95 lb.= 3 tsp.; 3 160 mg chewtabs; 1 325 mg
 96-119 lb.=4 160 mg chewtabs; 2 325 mg



• **(Pre)teen's Ibuprofen Dose:**

Every 6-8 hours & no more than 3 doses/day
 60-71 lb.=2 ½ tsp., 2 ½ 100 mg chews, 1 200 mg
 72-95 lb.=3 tsp., 3 100 mg chews, 1 200 mg
 96-119lb.= 4 100 mg chews, 2 200 mg tabs

Additional Reading:

Too Old for This, Too Young for That!: Your Survival Guide for the Middle-School Years by Dr. Harriet S. Mosatche, Karen Unger, Karen Unger, Elizabeth Verdick (Editor), Mike Gordon (Illustrator)

The Care & Keeping of You - The Body Book for Girls
 American Girl Books

Girls: What's So Bad About Being Good? How to Have Fun, Survive the Preteen Years, and Remain True to Yourself

by Harriet S. Mosatche Ph.D., Liz Lawner

Stick up for Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem by Gershen Kaufman, Pamela Espeland, Lev Raphael, Pamela Espeland, Gershen Kaufman

Additional Instructions:
