



# 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 Teenage Daughter

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Height \_\_\_\_\_ B/P \_\_\_\_\_ BMI \_\_\_\_\_

Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

### Diet:

- Offer 3 regular meals and healthy snacks. Breakfast is very important! Eating meals as a family facilitates communication. Limit fast foods, junk foods and sweets. Keep a variety of healthy foods at home. Allow her to participate in food shopping or preparation.
- She 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 necessary if her diet is consistently inadequate.
- Express any concerns about her weight or “preoccupation with weight”/eating/food choices with your provider.
- Support her evolving self-image by commenting on the positive things she does rather than focusing on her physical appearance and weight.

### Sleep:

- A regular bedtime routine is very important. Between 15-18 years of age, the average teen should sleep 8-10 hours each night, “Catching up” on sleep on the weekends is not recommended.

### Development:

- Peer relationships and acceptance are very important. She is handling a great deal of peer pressure. Suggest and maybe practice some ways of recognizing and resisting peer pressure



- Peer pressure can work in a positive and negative direction. Teens tend to have a small group of friends who share similar activities and interests, including dress, hairstyle, music, and behaviors.
- Teens may take pride in their own “uniqueness” – this helps them to establish their own sense of identity.
- As her physical body continues to change, expect intellectual and emotional changes to occur as well. Provide an open forum for discussions about emerging sexual/physical/emotional feelings for others. Encourage abstinence and ask lots of direct questions.
- Teens are “egocentric overthinkers” self centered but not necessarily selfish- try to place yourself in her shoes- talk to your teen about problems she may be experiencing, and her tendency to “overanalyze”. She may think she is invincible and that things could “never happen to her”.
- Your teen is having emerging feelings of independence from the family possibly from increasing peer identification. She may and be thinking about goals for the future! In your discussions, ask simple direct questions.
- Talk to your daughter about her menstrual cycle- encourage her to plot its regular (or irregular occurrence) on a monthly calendar. A responsible teen may wear tampons during the day- they must be changed at least every 4 hours.



## **Safety:**

- Wear a seatbelt at all times, as a driver or a passenger. Parents should be a good role model and buckle up as well.
- Driving teens should be given ample time and opportunity for parent supervised driving before going solo.
- If your teen has a permit, limit driving to daylight hours until more experienced.
- Absolutely no drinking and driving or riding with a drinking driver- discuss a plan and develop a contract to get home safely.
- Wear appropriate protective equipment (helmet, mouth guard, pads, shatterproof eyewear) while engaging in risky sports.
- Wear a life jacket on a boat, nonswimmers should wear a life jacket at all times. Never dive into unfamiliar water.
- Use PABA-free sunscreen with SPF >15. Avoid tanning salons.
- Discuss privacy and boundaries at home and away from home.
- Discuss avoidance of tobacco, alcohol, drugs (including inhalants), and guns. Keep an open line of communication about their hazardous potential. Be a good role model!

## **General Parental Guidance:**

- Schedule dental visits every 6 months, floss every day and brush at least twice a day.
- Emphasize the importance of school and praise positive efforts.
- Encourage reading for pleasure and relaxation. Encourage looking in the newspaper.
- The computer should be in a prominent location in the house to monitor her internet activity. Teach her to never give out identifying information-home address, school name, or telephone numbers while chatting. Get to know the services and websites that she uses. Get to know her “online friends” just as you would all of her other friends. Find out what types of information the site offers and whether there are ways to block objectionable material. Encourage her to tell you if she encounters messages that are suggestive, obscene, threatening or make her feel uncomfortable. Establish rules, limits, and curfews.



- Know her friends and their parents. Monitor and be aware.
- Rules and expectations should be discussed, clarified, and enforced. A “safe ride home” contract should be signed- an agreement that she can call at any time for a safe ride home regardless of the time and place no questions asked.
- A first gynecology visit should be scheduled for 18 years or we may refer if a consult is needed sooner.
- Acne is a common issue –give us a call.
- Exercise is very important- it can be a family effort- get involved and bond with your teen as you exercise together. 60 minutes a day is the recommendation.
- She feels invincible, so encourage your teen’s independence but also foster a sense of self-responsibility. Assign mutually agreed upon household chores. Give a small allowance so she can learn to manage money.
- Because this is a time of high stress, monitor your teen for signs of high anxiety or depression. Pervasive boredom or irritability may be symptoms of depression. Worsening academic achievement may be a sign of depression or anxiety as well. You will receive a handout at today’s visit called the Pediatric Symptom Checklist. We are just as interested in your daughter’s emotional well being and mental health as we are her physical health. This questionnaire may identify teens at risk for high anxiety and depression. You may consult with our on staff mental health specialist Beth Shapiro at 773-478-1067,
- Think about a prepaid calling card and/or a cell phone for emergency use.

## **At Today’s and Each Yearly Checkup:**

- She will have a physical examination and have a chance to ask confidential questions. A routine urinalysis will be done and cholesterol levels may be obtained.
- Your teen will be given instructions on how to perform a breast self examination.
- Please discuss any changes that have taken place in your household recently with your provider.



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Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

- She may need a Meningitis vaccine, Tetanus with pertussis vaccine, Human papilloma virus vaccine, and/or a tuberculosis (TB) skin test.

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### **Teen's Acetaminophen Dose:**

Every 4-6 hours and no more than 4 doses/day  
 72-95 lb=3 tsp; 6 chewtabs; 1 325 mg tab  
 96-150 lb=2 325 mg tabs or 1 500 mg tab

### **Teen's Ibuprofen Dose:**

Every 6-8 hours  
 72-95 lb.= 3 tsp; 6 chewtabs; 1 200 mg caps  
 96-119 lb= 4 tsp; 8 chewtabs; 2 200 mg caps  
 121-50 lb=6 tsp; 12 chewtabs; 3 200 mg caps

### **Suggested Reading:**

Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting  
Healthy Teens, Body and Soul  
Caring for Your Teenager- The AAP's guide  
The Teen Health Book

### **Additional Instructions:**

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