



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 Son

Name _____ Date _____

Weight _____ Height _____ B/P _____ BMI _____

Percentile _____ Percentile _____

Diet:

- Offer 3 regular meals and healthy snacks. Eat meals as a family if possible. Limit fast foods, junk foods and sweets.
- He 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.
- Express any concerns about his weight or preoccupation with weight/eating/food choices with your provider.
- Multivitamins may be necessary if his diet is consistently inadequate.

Sleep:

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

Development:

- Peer relationships and acceptance are very important. He is handling a great deal of peer pressure. Suggest and maybe practice some ways of recognizing and resisting peer pressure.
- Abstract thought processes are forming and he may challenge the family value system. Watch for him to begin to exert his autonomy in words and actions.
- As his physical body is changing, 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 his shoes- talk to him about problems he may be experiencing and his tendency to “overanalyze”. He may think he is invincible and that things “could never happen to him!”
- He is having emerging feelings of independence from the family, increasing peer identification, and possibly thinking about goals for the future! In your discussions, ask direct simple questions rather than broad open ended questions.

Safety:

- Wear a seatbelt at all times, as a driver or a passenger. Parents, as always, should be a good role model.
- 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.
- Convey to your teen- Absolutely no drinking and driving or riding with a drinking driver-discuss a plan to get home safely.
- Discuss alcohol and drug use- be frank and up front.



- 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 avoidance of tobacco, alcohol, drugs (including inhalants), and guns. Keep an open line of communication and discuss their hazardous potential. Be a good role model!

General Parental Guidance:

- Schedule dental visits every 6 months, have him brush at least twice a day. Flossing should be done everyday.
- The computer should be in a prominent location in the house to monitor your child’s internet activity. Teach him to never give out identifying information-home address, school name, or telephone numbers while chatting. Get to know the services and websites that he 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 him to tell you if he encounters messages that are suggestive, obscene, threatening or make him feel uncomfortable.
- Establish rules and curfews.
- Know his friends and their parents. A teen-friendly house will encourage them to plan activities at home.
- Rules and expectations should be discussed, clarified, and enforced. A “safe ride home” contract should be signed- an agreement that he can call at any time for a safe ride home regardless of the time and place no questions asked.
- Acne is a common issue –give us a call.
- Exercise is very important- it can be a family effort- get involved and bond with him as you exercise together
- Help your teen learn about healthy lifestyles – hygiene, exercise and good nutrition. Be a good role model.



- He feels invincible- so encourage his independence but also foster his sense of self responsibility. Assign mutually agreed upon household chores. Give a small allowance so he can learn to manage money. This exchange will foster a mutually rewarding relationship with your teen.
- Think about a prepaid calling card and/or cell phone for emergency use.

Teen’s Acetaminophen Dose:

Every 4-6 hours and no more than 5 doses/day
 72-95 lb=3 tsp; 6 chewtabs; 1 325 mg tab
 96-150 lb=2 325 mg tab or 1 500 mg tab



Teen’s Ibuprofen Dose:

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

At Today’s and Each Yearly Checkup:

- He 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.
- Depending on your family history, cholesterol levels or a complete blood count may be ordered.
- Your teen may need a Meningitis vaccine, tetanus with pertussis vaccine, and/or a TB (tuberculosis) test.
- Please discuss any changes that have taken place in your household recently with your provider.
- Your teen will be given instruction on how to perform a testicular self examination.

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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