

RENAISSANCE PEDIATRICS, P.C.

15-17 Year Well Child Check

Development

- Is interested in dating
- May want to get a job
- At risk for mental health issues
- Is involved in after school activities
- Shows risk taking behaviors
- Is concerned with appearance
- Is resilient when presented with life stressors
- Shows independent and responsible decision making



It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

RENAISSANCE PROVIDERS

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- Encourage your teenager to engage in behaviors that promote wellness and a healthy lifestyle and that these behaviors will continue to be present into adulthood
- Support your teen's hopefulness, self-confidence and well-being
- Help your teen sustain caring relationships with family, adults and peers
- Encourage your teen to participate in community activities

Nutrition and Physical Activity

- Share family meals together as often as possible.
- Show your child how to make healthy food choices.
 - Eat three meals a day.
- Serve whole grain breads and cereals and colorful vegetables.
- Serve lean meats, chicken, fish and other sources of protein and iron.
 - Limit high fat and low nutrient foods and drinks.
 - Provide 3 or more daily servings of low fat dairy products.
- Your teenager should be physically active for at least 60 minutes per day.
 - Limit TV and video time to no more than 2 hours per day.
 - Your teenager will need at least 9 hours of sleep per night.



Parents Points of Interest

Develop a positive relationship with your child.

Continue to set limits for your child.

Begin to discuss college options or job training skills.

Vitamin D

All teens should have an intake 400 IU of vitamin D a day. They can get this from 16-24 ounces of dairy a day or from vitamins with 400 IU of vitamin D.

Healthy Teeth

- Brush teeth twice a day with pea size amount of fluoride toothpaste and floss once a day.
 - Child should see a dentist regularly every 6 months.

Safety

- Child should wear a seat belt and may ride in the front seat.
- Remember to wear proper safety equipment when participating in activities.
 - Remember not to drink and drive or ride with someone drunk.
 - Keep guns away from children.
- Teach child about drugs, alcohol and tobacco and sex education.