

## RENAISSANCE PEDIATRICS, P.C.

# 18-21 Year Well Check

### Development

Physical development is complete

Self-identify

Rational conscience

Moral, spiritual and sexual values

Compromises

Sets self limits

Shows independent and responsible decision making

Resilient when presented with stressors



It is important to remember that each person is unique. Certain attitudes and behaviors tend to occur at certain ages. If you have any questions about your pattern of development please feel free to ask us!

### RENAISSANCE PROVIDERS

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- You should engage in behaviors that promote wellness and a healthy lifestyle, and these behaviors will continue to be present into adulthood
  - You should have hopefulness and self-confidence
- You should sustain caring relationships with family, adults, and peers
  - You can participate in community activities

## Nutrition and Physical Activity

- Eat three meals a day.
- Eat whole grain breads and cereals and colorful vegetables.
- Eat lean meats, chicken, fish and other sources of protein and iron.
  - Limit high fat and low nutrient foods and drinks.
  - Eat 3 or more daily servings of low fat dairy products.
- Drink water.
- You should be physically active for at least 60 minutes per day.
  - 9 hours of sleep needed per night.



### Parent Points of Interest

*Continue to stay connected  
with your young adult.*

*Encourage positive friend-  
ships.*

*Allow your child to be re-  
sponsible for appointments.*

### Vitamin D

*All males should have an  
intake of 400 IU of vitamin  
D a day, and all females  
should have 800 IU of vita-  
min D a day. They can get  
about 400 IU a day from  
16-24 ounces of dairy,  
and may also need vitamin  
supplementation 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.
- You should see a dentist every 6 months.

## Safety

- You should always wear a seat belt.
- Remember to wear proper safety equipment when participating in activities.
- Remember not to drink and drive or ride with someone drunk.
  - Avoid cell phone and texting while driving.
- You should know about drugs, alcohol, tobacco and sex education.