



WELL CHILD CARE

Thirteen to seventeen year check-up

Exercise:

Your child needs exercise to stay healthy. Dancing, skating, bicycling, sports and even walking are all ways to exercise. Couch potatoes are not healthy-so everyone should get up and moving! Exercise and play together as a family.

Eating:

This is a good age to have your child help you plan and fix healthy meals and snacks. Healthy snacks include fresh fruits, carrots or celery. These have more vitamins and are lower in calories than chips, candy or soda pop. Some fast foods are better for you than others. Look for fast foods that are lower in fat and have less salt

Teeth:

Your child should brush his teeth twice a day and floss at least once per day. He should see the dentist every 6 months.

School:

Continue to stay involved with your child's school activities. If he is having problems at school, talk to his teacher.

Decisions:

Show your child you care about him by making rules that help keep him safe. These will teach him to make good decisions. Letting him make decisions teaches him responsibility. Talk to your child about rules and decisions.

Your child may be deciding whether he will try smoking, chewing tobacco, drinking alcohol or trying other drugs. Talk to him about these decisions. Teach him that it is OK to say "no," even to friends.

Children often do things they see their parents do. Remember to be a good role model and make good decisions.

Friends:

Friends are becoming even more important to your child. The kind of people he has for friends have a big influence on him. Get to know his friends.

Respect is important to everyone. If you respect your child, he will respect himself and others, too. Teach him to be courteous as a way of showing respect.

Growing Up:

Talk with him about the changes his body will be going through. Continue to have open communication with your teen regarding sex. It is important they have the correct facts. Ask your doctor for the "Let's talk about sex" handout for more details.

Family:

Families are important to everyone. Your child is learning that his family is different from other families. He may also realize that family members are different from each other. Teach your child to accept and respect these differences.

Allow your child to show how grown up he is by giving him more responsibility. Show him ways to be helpful to others in your family.



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Safety:

Make sure that seat belts are on before the car starts and kids in the backseat. If your child likes to ride his bike, rollerblade, scooter, or skateboard, make sure he wears a helmet and protective gear.

Your teen should not over-exert himself with activities; this can lead to injuries. They need to stretch before and after sports and drink plenty of fluids.

Sunscreen should be worn at all times when outdoors to avoid sunburn.

If there is a gun in your home, keep it unloaded and locked away. Teach your child that a gun is not a toy and to treat it with respect.

REMEMBER: Arguments can lead to serious fights! Teach your child how resolve arguments without fighting.

First, your child must learn how to handle his own anger. Here are 12 positive ways for your child to let off steam:

1. Breathe deeply.
2. Go running.
3. Count to ten.
4. Make growling sounds.
5. Scream.
6. Punch a pillow.
7. Stomp his feet.
8. Talk to himself say, "I am calm, I am relaxed."
9. Tear up paper.
10. Make faces.
11. Dance to music.
12. Chill out by listening to music.