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**WELL CHILD CHECK...**

Here is some information for you and your parents to review.

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**Health:**

- Regular well visits are recommended once per year.
- Healthy eating:
  - Family meals at the table are important. Avoid TV and cell phone use during meals!
  - Eat three meals per day (especially breakfast) and nutritious snacks.
  - Eat a wide variety of healthy foods. Ensure that you are eating 5 servings of fruits and vegetables per day. Limit high fat, high sugar foods.
  - Adolescents need 1300 mg of calcium per day for bone health. This is equivalent to 3-4 cups of milk/day.
  - Maintain a healthy weight through appropriate eating and regular physical activity.
  - See your dentist once every 6 months. Brush and floss teeth twice per day. Use toothpaste with fluoride.
- Physical activity:
  - Aim for at least one hour of physical activity each day.
- Sleep:
  - Get adequate sleep. Most teenagers need between 8-10 hours per day.
  - Limit screen time 1 hour before sleep, including phone use. Limit cell phone interruption of sleep by setting to “do not disturb” or charging outside the bedroom at night.
- Puberty:
  - Ask a supportive adult about body changes during puberty.
  - Sexual feelings are normal. Having sex should be a well-thought-out decision. Do not have sex if you do not want to. Talk with a trusted adult if you are thinking about having sex. It is important to consider safety including the risk of pregnancy and sexually transmitted infections, before you start having sex.
  - If you have ever wondered if you are gay, lesbian, or bisexual, you’re not alone. Many teens ask themselves this question. Talk with a trusted adult about your feelings when you feel ready.

**Social:**

- Participate in social activities, community groups, and team sports.
- Spend time with your family doing something you all enjoy.
- Explore new challenges and roles for self-confidence, clarify values, recognize changes in yourself and your strengths.
- Listen to, respect, and care about your peers and siblings.
- Discuss strategies for handling peer pressure.
- Develop stress-relieving techniques and coping skills. Learn to deal with anger and how to resolve conflicts.
- Listen to good friends and valued adults. Trust your feelings. Seek help if you often feel angry, stressed, nervous, sad, or hopeless.

### **Responsibility:**

- Take on new responsibilities for yourself, family, peers, and your community.
- Learn useful new skills (for example; volunteering, babysitting or CPR).
- Respect the rights and needs of others. Share in household chores. Follow family rules.
- Respect your parents' limits and the consequences they have established for unacceptable behavior.
- It is recommended to limit non-school-related screen time to less than 2 hours per day. This includes cell phone use.
- You should be a responsible online citizen, treating others with respect online, never cyberbullying.

### **School:**

- Discuss transition to middle school.
- Become responsible for attendance, homework, and course selection.
- Participate in school activities.
- Discuss frustration with school.
- Identify talents and interests for future/career (college, vocational training, and the military).

### **Safety:**

- You should always wear a seat belt. Teenagers under age 13 should always ride in the back seat.
- Discuss internet safety with your parents, including privacy, predators, and acceptable software/apps.
- Review rules for being at home alone.
- In your home, guns and ammunition should be locked up separately. Do not play with guns.
- Use sunscreen. Avoid tanning salons.
- Use helmets, mouth guards, and protective sports gear.
- Do not use tobacco, e-cigarettes (vaping), alcohol or drugs. Do not take drugs or medications that are not yours. Avoid situations where drugs or alcohol are present. Support your friends who choose not to use drugs. Avoid second-hand smoke.
- Learn to swim.