

13-18 Years

Anticipatory Guidance

Safety

- ◆ Children may sit in the front seat, but make sure they continue to be properly restrained.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Always maintain a smoke-free environment around your children.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ When your child will be outside, sunscreen should be used and should be SPF 30 or higher.
- ◆ Any weapons need to be unloaded and locked where children cannot access them.
- ◆ If your child has not already learned to swim, now would be a good time to invest in lessons, especially if you have a pool.
- ◆ Children at this age are more independent. It is, therefore, very important to talk with them about outdoor safety, weapons, and strangers.
- ◆ Make sure your child has a safe place to go after school if he is not coming home.
- ◆ Talk about which neighbors' houses your child can go to for help.
- ◆ If your child is riding a bike, always make sure he is wearing a safety helmet.
- ◆ At this age, your child will be more independent on his bike. Set rules regarding where he may ride, what time he needs to be home by, and then stick to these rules. Breaking a rule equals no bike privileges for a defined amount of time.
- ◆ Teach your child about looking both ways before crossing, using the crosswalks, never trying to run across and beat an oncoming car, etc.
- ◆ Your child should know how to dial 911 and how to reach you or a trusted adult at all times.
- ◆ If your child participates in sports, make sure he has the correct protective equipment to prevent unnecessary injury.
- ◆ Children may begin driving at this age. Make sure you talk about seat belt safety and the importance of always using them.
- ◆ The adolescent years are riddled with peer pressure. Make sure you discuss the dangers of drugs, alcohol, and smoking with your children. Try to keep an open line of communication so that your child knows he can talk to you about anything that may come up.

My Child's Growth

Height: _____ %

Weight: _____ %

BMI: _____ %



Anticipatory Guidance

Your Child's Care

- ◆ Your child should continue to have 2-3 servings of dairy per day.
- ◆ Your child should be brushing his own teeth twice daily.
- ◆ Eating meals as a family is important. This is a good time to talk with your child about his day.
- ◆ Encourage your child to choose healthy meals and snacks.
- ◆ Withholding privileges for bad behavior works well for discipline.
- ◆ Continue to set and enforce rules with your child.

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Anticipatory Guidance

Your Child's Care

- ◆ Be assertive with limits, or your child will continue to see what he can get away with.
- ◆ By this age, your child should not be having accidents any longer during the night. If he is, please let your physician know.
- ◆ Continue with yearly or twice yearly visits to the dentist.
- ◆ Your child should have scheduled chores that he takes care of each day. This encourages independence.
- ◆ Limit TV to two hours a day. Children need to be actively playing, not sitting on the couch.
- ◆ If you have not done so already, it is time to have “the talk” about sexuality and its consequences. Discuss protective measures with your child (condoms). Even if you do not want your child having sex, you need to address the issue of condoms, otherwise your child may end up contracting an STD or dealing with teenage pregnancy because you never discussed these issues.