
14 to 17 Year Well Child information

ENCOURAGING DEVELOPMENT

- Try to make time to eat together as a family. Encourage conversation at mealtime.
- Monitor your child's use of the internet and social media. Know which websites they are visiting and who they are coming into contact with online.
- Encourage physical activity. Make it part of your daily routine.
- Encourage your child to become involved in extracurricular activities, such as music, athletics, volunteering, etc.
- Most teenagers need 9 or 10 hours of sleep each night.

SAFETY

- Guns and ammunition should be locked up.
- Talk to your teenager about smoking, drinking, and drug use among friends or at friend's homes.
- Tell your teenager never to get in a car when the driver is under the influence of alcohol or drugs. Talk to your teenager about the consequences of drunk or drug-affected driving.
- Set limits and establish rules for driving and for riding with friends.
- Limit distractions in the car – don't talk on the phone or send text messages while driving.
- Always wear your seat belt.
- Consider locking alcohol and medicines where your teenager cannot get them.

PARENTING TIPS

- Your teenager may depend more upon peers than on you for information and support. As a result, it is important to stay involved in your teenager's life and to encourage him or her to make healthy and safe decisions.
- Get acquainted with your teenager's friends.
- Monitor your teenager's school progress, activities, and social life
- Watch for changes in your child's mood - depression, anxiety or problems paying attention.
- Talk to your teenager about sex. Encourage abstinence as the only 100% effective way to avoid potential long-term consequences like pregnancy and STDs.
- Talk with your child about bullying and how to respond if they find themselves in that situation.

IMMUNIZATIONS

- Influenza (in season)
- Human Papilloma Virus
- Meningitis

NEXT WELL CHILD VISIT: YEARLY