

5 Essentials for Every Day

- 1 Doing at least 1 hour of physical activity
- 2 Limiting screen time to no more than 2 hours
- 3 Eating 5 servings of REAL fruits and vegetables
- 4 Getting 600 IU of vitamin D (in a multivitamin)
- 5 Consuming 3 calcium rich foods (1300mg calcium)

Name:

Weight	Height	BMI
	In	
%	%	%
<u>Vision</u>		<u>Hearing</u>
Left:	Right:	Pass Fail
BP:	/	HR:
Tylenol (acetaminophen) 160 mg tab		tab every 4 hr
Motrin/Advil (ibuprofen) 100 mg tab		tab every 6 hr

Advice at potomacpediatrics.com/swallowing-pills
Dosing at potomacpediatrics.com/dosing-charts

Healthy Eating Habits

Eat as a family often. Discourage eating in front of the TV. Use appropriate food portions by using your fist size to estimate the size of one portion. Encourage consumption of fresh vegetables, poultry, fish and trimmed lean meats. Limit processed snacks, chips, candy, fast foods, soft drinks and treats to one a day. Soda, juice, and sports drinks have no nutritional value. The vitamin C provided in juice is not necessary to fight infection and consuming even 100 % natural sweetened drinks contributes to obesity. Drink water instead. We recommend a multivitamin with Vitamin D (600 IU) and Calcium (1300 mg) at least.

Checkpoints

By now your child should be proficient at

- Staying home alone
- Looking after younger siblings
- Going to the store by themselves
- Using the washing machine & dryer
- Changing bedsheets
- Planning and preparing a meal
- Using the oven to bake & broil food
- Reading nutrition labels
- Packing own lunch daily

The Sleep Hack

Lack of sleep can cause headaches, stress, irritability, anxiety, depression, and symptoms that look like ADHD. Shoot for 8 ½ to 9 ½ hours of sleep each night. In most cases, that will mean a bedtime between 8:30 and 9:30 PM.

To ensure a good night's sleep, **remove all electronics** from the bedroom. You should use a normal alarm clock and leave the smartphone downstairs. potomacpediatrics.com/sleep

The Social Hack

Never do or say anything you don't mind the whole school knowing. If you're not ready for the person you're texting about to find out what you're saying, and not ready for a friend to find out what you're doing, then don't do it. Gossip is way too fun for people to worry about keeping each other's secrets.

So, **never send mean messages or risqué pictures** online. All it takes is one person to screenshot and make life miserable. On the flip side, never respond to messages that hurt your feelings or make you feel uncomfortable. Ignore and tell a trusted adult.

The American Academy of Pediatrics recommends limiting total recreational screen time to no more than 1-2 hours a day.

Book Recommendation – [The 7 Habits of Highly Effective Teens](#) by Sean Covey

Immunizations

10y – any catch up 11y – Tdap, Menveo (meningitis), Gardasil (HPV) 1st dose 12y – Gardasil (HPV) 2nd dose
www.cdc.gov/vaccines/hcp/vis/current-vis.html

Safety

ALWAYS wear a seatbelt in the car, and a helmet when biking, skating, skiing, & hoverboarding.

ALWAYS sit in the back seat when given the choice, which is the safest place for all people regardless of age/weight. Though Maryland doesn't have a law, it should be age 13 and 100 lbs. to sit in the front.

ALWAYS know that guns in the home are a danger to the family. If guns are kept in the house, store the gun and ammunition in two separate locations, and keep each of them locked up.

NEVER share a password, even with friends.

NEVER meet a friend you met online in person, unless a parent says it's okay. It's best to meet in public.

NEVER give out personal information unless a parent says it's okay. This includes your name, address, phone number, age, school name, and social media accounts.

CAR SAFETY

Booster seats are recommended until your child is 4 ft. 9 in. For most kids, this will be age 11. High-back booster seats should be used if the child's head is not supported by the seat of a head rest. Backless booster seats can be used if the back seat has a head rest that provides support to your child's head.

To move to a seat belt your child must – be tall enough to sit without slouching, be able to keep their back against the vehicle seat, be able to keep knees naturally bent over the edge of the seat and keep feet on the floor. Lap belt must lay snug across the upper thighs (not stomach) and shoulder belt should lie snug across the shoulder and chest, not across neck or face. Never let children put shoulder belt under their arm or behind their back. **Best Practice: Keep your child in the back seat because it is safer there.**

Parent Corner

Encourage your child to confide in you without fear of judgment or punishment. Understand that your child's friends are very important. Establish fair, understandable rules around chores, screen time, homework, and bedtime, and **follow through with a stated consequence** when rules are broken. Resiliency comes from solving one's own problems, so get out of your child's way and let them practice when they face difficult teachers or peer challenges. Teach your child that problems never stop, they merely get exchanged.

Book Rec – [How to Talk So Kids Will Listen, And Listen So Kids Will Talk](#) – Adele Faber and Elaine Mazlish

Helping your kids make good decisions is more important than trying to protect them from everything. Good mentors engage with their kids about technology, actually playing games with them and talking about responsible internet and video game use. One good way to teach kids is to have them critique the social media they use. Ask them to show you other kids' profiles and point out those that are appropriate and not. From the start, tell your children that you will be monitoring them. Consider letting them know that you will periodically check their texting without warning in the first year to ensure content is appropriate. This approach lets them know that you trust them, but you will be watching. Remind your child that tone is not always obvious when they post or text. They should always ask themselves "Do I really want to send this?" While kids are tech savvy, they need to know how easy it is to hurt other people's feelings.

6 Tips for Active Listening www.youtube.com/watch?v=oWe_ogA5YCU

Visit potomacpediatrics.com/illness-specific-advice for advice on issues including allergies, constipation, cold, fever, lice, sprains, sunburns, tick bites and more! Puberty topics are covered in a separate handout.