

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. Try not to eat in front of the TV. Use appropriate food portions by using your child's fist size to estimate the size of one portion. Avoid processed snacks, chips, candy, fast food and soft drinks. We recommend a multivitamin every day that includes 600 IU of Vitamin D and 1300 mg of calcium.

Checkpoints

By 14 you should be proficient at

- Babysitting
- Staying home alone
- Preparing meals using oven
- Doing laundry
- Changing bedsheets
- Ironing clothes
- Using basic hand tools
- Managing own email

Acne

If you're wondering about acne and how to take care of it, we can provide you with useful info and handouts to get you started on fighting acne. For our [Simple Skincare Routine](#) and other **NEED-TO-KNOW FACTS**, visit

potomacpediatrics.com/acne

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.

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

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

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 seat. At minimum, you should weigh enough to turn the airbag on.

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 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.

You're not ready to have sex if...

1. You think sex equals love
2. You feel pressured
3. It's just easier to give in
4. You think everyone else is doing it (They're not!)
5. Your instincts tell you not to.
6. You can't support a child
7. You think it will make your partner love you
8. You think it will keep you together
9. You hope no one will hear about it
10. You really wish the whole thing had never come up

Go to www.potomacpediatrics.com/safesex for the full list.

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 the 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 – [UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World](#) – Michele Borba

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.

Puberty: Puberty is more than just a paragraph. Please see the attached gender appropriate handout.

Book Rec – Girls: [The Guide, Period](#) – Naama Bloom Boys: [Guyology, Just the Facts](#) – Melisa Holmes

Sex: Encourage your child to delay sexual activity. Talk about porn. If you're uncomfortable talking about these topics, please ask me or others you trust for helpful and reliable info.

Drugs: Alcohol/Marijuana/Tobacco/Vape are substances that appear in ALL schools by 8th grade. Talk to your child about the dangers of these and consider securing your home. Still, good kids make mistakes. Offer a safe place for your child to talk with you about their choices.