

## 5 Essentials for Every Day

Doing at least 1 hour of physical activity

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

Dosing at [potomacpediatrics.com/dosing-charts](http://potomacpediatrics.com/dosing-charts)

## Immunizations

15y – Gardasil (HPV) if needed

16y – Gardasil (HPV) if needed  
Menveo (Meningitis A,C,W,Y booster)  
Bexero (Meningitis B)

17y – Gardasil (HPV) if needed  
Bexero 2<sup>nd</sup> dose

[www.cdc.gov/vaccines/hcp/vis/current-vis.html](http://www.cdc.gov/vaccines/hcp/vis/current-vis.html)

## Checkpoints

By 17 you should be proficient at

- Talking to adults – teachers, store clerks, healthcare providers
- Chores – unclogging drains, cleaning the stove, vacuum filter
- Cooking meals
- Fueling car, add air/change tire
- Understand medicine dosages
- Managing own email
- Interview for and get a job

## 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 ADVICE, visit

[potomacpediatrics.com/acne](http://potomacpediatrics.com/acne)

## The Sleep Hack

Dysregulated 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 may use a normal alarm clock and leave the smartphone downstairs. [potomacpediatrics.com/sleep](http://potomacpediatrics.com/sleep)

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

## 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.

## Safety

**ALWAYS** insist that seat belts be used by everyone in the car, and sit in the back seat when you can.

**ALWAYS** support your friends who choose not to have sex or use drugs and alcohol.

**NEVER** give out personal information, share passwords, or meet an online stranger in person.

**NEVER** text and drive, or break the rules of your license regarding passengers and driving past midnight.

**NEVER** drink and drive, or go in a vehicle with someone who has been using drugs/alcohol.

Marijuana impairs judgment, motor coordination, and reaction time. A direct relationship exists between blood THC concentration and impaired driving. If using alcohol, marijuana, or other drugs- don't drive, don't swim (this is the most common cause of drowning for your age group), don't have sex (only a sober person can give consent), and don't post your drinking or drug use on social media (snapchat included). It's always unwise to break the law and advertise it. We recommend avoiding substances that impair your judgment. Excessive alcohol can cause black outs leading to deadly car accidents, drowning, sexual assault, and death. If you have thrown up from drinking, you have already experienced alcohol poisoning and now you know that was too much.

## 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

If you are having sex (intercourse) you need two forms of contraception to prevent an unintended pregnancy. **ALWAYS** use a condom to prevent sexually transmitted infections. Let us know if you are having sex, we will help you stay safe.

Go to [potomacpediatrics.com/safesex](http://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 teacher and peer challenges. Teach your child that problems never stop, they're merely exchanged.

**Book Rec - How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success**

Helping your kids make good decisions is more important than trying to protect them from everything available to them. Good mentors engage with their kids about technology, having conversations about what they consider responsible use of phones, social media, and video games.

**Sex:** Encourage your child to delay sexual activity. Talk about porn. Talk about safe sex practices. If you're uncomfortable talking about these topics, please ask us.

**Drugs:** Alcohol/Marijuana/Tobacco/Vape are substances that appear in ALL schools by 8<sup>th</sup> 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. Make sure your child knows that they can come to you if they need a safe ride home, or set them up with an Uber/Lyft account.

**Reward Responsible Socializing-** if they are honest about where they want to go, respect the times you say no, check in periodically, and come home on time, discuss giving them more leeway.