

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
Dosing at potomacpediatrics.com/dosing-charts		

Checkpoints

By now you should be proficient at

- Talking to adults – teachers, healthcare providers, bosses
- Managing assignments, deadlines
- Handling interpersonal problems
- Coping with ups and downs
- Contributing to the running of a household
- Finding your way around – campuses, your hometown
- Scheduling doctor visits
- Understanding health and car insurance
- Earn and manage money

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

The Sleep Hack

Young adults need about 9 ¼ hours of sleep. Sleep deprivation affects mood, behavior, cognitive ability, academic performance, and driving. Though there are many obstacles to a good night's sleep, we recommend that you

- Maintain a regular sleep schedule
- Avoid oversleeping on weekends
- Take early afternoon naps of about 15-20 min
- Turn off the technology around bedtime
- Avoid caffeine, smoking, alcohol, and drugs

More info at 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.

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 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 amount was too much.

Mental and Physical Health

If you're feeling overwhelmed, anxious, or sad all the time, talk to your doctor. We can provide advice and are closely partnered with mental health professionals to help you learn coping strategies.

If you're having trouble eating right and exercising frequently, Potomac Pediatrics has a nutritionist and health coach on staff to help you develop healthy lifelong habits.

For more info, go to www.potomacpediatrics.com/health-coach-sessions

Learn how to deal with common illnesses at www.potomacpediatrics.com/illness-specific-advice

Sexual Health

If you choose to become sexually active, make sure you're using appropriate contraception, two forms of contraception are recommended and practicing good hygiene. **ALWAYS** use a condom to prevent sexually transmitted infections.

Females- You should perform monthly breast self-exams. The best time for an exam is at the end of your bleeding cycle. Lumps and bumps are normal, but talk to your doctor if you notice anything abnormal. Talk to your doctor if you experience an irregular menstrual cycle. If you use tampons, change them every 4 hours and don't sleep with them in. Visit a gynecologist once a year for a checkup.

Males- You should perform testicular self-exams. Talk to your doctor if you notice any lumps, pains, or unusual discharge.

For more info, go to www.potomacpediatrics.com/safesex