



Forms:

Complete and print them for your upcoming appointment:
[Tuberculosis Screening](#)
[Youth Checklist](#) - please have your child complete this without your help

12 YEARS OLD

FAQ

How do I talk to my child about drugs and the danger they pose?

Leave no doubt as to where you stand on this matter and do it sooner rather than later. Saying to your child, "You are not to use any drug, including tobacco or alcohol, under any circumstances." Then explain why:

Vaccines:

We recommend the following vaccines:

None

- Because we love you.
- Because drugs are dangerous, and we don't want to see you harm yourself.
- Because it is against the law.

Tests Recommended:

We recommend the following tests at this age:

- [ImPACT](#) - for those in sports and at risk of concussion
- [Vision Screen](#)

As when setting any limit, clearly spell out the consequences for defying the rules includings what the punishment will be and how it will be implemented.

Age Appropriate Information

Nutritional Needs:

- Protein: 50 percent of our body weight is made up of protein—but because adolescents in the United States get twice as much protein as they need, insufficient intake is rare. The densest sources of protein include teenage favorites such as beef, chicken, turkey, pork, fish, eggs and cheese.
- Carbohydrates: Found in starches and sugars, it get converted into the body's main fuel: the simple sugar glucose. Not all carbs are created equal, however. In planning meals, push complex-carbohydrate foods and go easy on simple carbohydrates. Complex carbs provide sustained energy; that's why you often see marathon runners and other athletes downing big bowls of pasta before competing. As a bonus, many starches deliver fiber and assorted nutrients too. They are truly foods of substance: filling yet low in fat. Most nutritionists recommend that complex carbohydrates make up 50 to 60 percent of a teenager's caloric intake. Simple carbs, on the other hand, seduce us with their sweet taste and a brief burst of energy but have little else to offer and should be minimized in the diet.

- Fat: Nutrition experts recommend that fat make up no more than 30 percent of the diet. While Americans have trimmed their fat consumption in recent years, as a nation we're still about 4 percentage points above the suggested level. Fat supplies energy and assists the body in absorbing the fat-soluble vitamins: A, D, E and K. But these benefits must be considered next to its many adverse effects on health. A teenager who indulges in a fat-heavy diet is going to put on weight, even if he's active. It would take a workout befitting an Olympic athlete to burn off excess fat calories day after day. Fatty foods contain cholesterol, a waxy substance that can clog an artery and eventually cause it to harden. The danger of atherosclerosis is that the blockage will affect one of the blood vessels leading to the heart or the brain, setting off a heart attack or a stroke. Although these life-threatening events usually don't strike until later in adult life, the time to start practising prevention is now, by reducing the amount of fat in your family's diet. Researchers studying the eating habits of approximately two hundred California high school students were dismayed to find that more than one-third had abnormally high levels of blood cholesterol. Ultrasound scans of their carotid arteries revealed evidence of atherosclerosis already. The carotids, a pair of large vessels located in the neck, serve the brain. One of the doctors involved in the study commented that some of the teenagers' arteries resembled those normally seen in a person twice their age. Fortunately, at this early stage, the condition is still reversible.
- Minerals and Vitamins: A well-rounded diet based on the USDA guidelines should deliver sufficient amounts of all the essential vitamins and minerals. Adolescents tend to most often fall short of their daily quotas of calcium, iron and zinc. Unless blood tests and a pediatrician's evaluation reveal a specific deficiency, it's preferable to obtain nutrients from food instead of from dietary supplements, because unlike supplements vegetables, fruits and grains contain phytochemicals—natural substances that are believed to help safeguard us from disease.

Safety:

- The back seat of the car is still the safest place for your child to sit until at least 13.
- Make sure your child always wears protective equipment when biking, skating, skiing, snowboarding, horseback riding, skateboarding, riding a scooter, or in-line skating (Tailor the list to activities appropriate to the area and family).
- Use sunscreen (SPF 15 or higher) on your child before she goes outside to play or swim. Read the directions carefully and apply the correct amount of sunscreen. Apply it at least 15 minutes before she goes out in the sun, and reapply it every 2 hours.
- If alcohol is used in the home, its use should be appropriate and discussed with children.

Children are constantly exposed to smoking, drinking, and drug-use behaviors through TV and other media. They need clear messages that substance use is substance abuse.