



Forms:

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

Vaccines:

We recommend the following vaccines:

None

Tests Recommended:

We recommend the following tests at this age:
[ImPACT](#) - for those in sports and at risk of concussion

14 YEARS OLD

FAQ

My teenager is interested in dieting? Is this safe?

Any adolescent planning to go on a weight-loss diet should first talk with a pediatrician, who may recommend books on nutrition or provide a referral to a nutrition counselor. When it comes to adopting a vegetarian diet, it's as much about what your teenager does eat as what he does not. This should not be taken lightly and deserves your serious attention on this issue.

Age Appropriate Information

Social and Academic Competence:

- Monitor and be aware. Know where your adolescent is and who his friends are. Set limits.
- Provide opportunities for your adolescent to develop independent decision-making skills.
- Provide opportunities for your adolescent to find activities, other than academics, that truly interest him, especially if your child is struggling academically.
- Help your adolescent see things from another person's point of view, becoming more aware of other peoples' situations in your community.

Safety:

- Praise your adolescent for not using tobacco, alcohol, or other drugs. Encourage him to stick to this decision.
- Consider locking your liquor cabinet and putting your prescription medicines in a place where your adolescent cannot get them.

Have discussions with your adolescent as he accepts responsibility for his decisions and relationships.