



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
[Hearing Screen](#)
[Vision Screen](#)

15 YEARS OLD

FAQ

How many hours of sleep does my teen need?

Feeling groggy lessens our ability to absorb and retain information. Contrary to what many parents believe, older adolescents need more sleep than younger teens, not less. But even a full night's slumber may not prevent a boy or girl from nodding off during first or second period. Teens need about 9 1/4 hours of sleep each night to function best (for some, 8 1/2 hours is enough). Most teens do not get enough sleep — one study found that only 15% reported sleeping 8 1/2 hours on school nights.

Age Appropriate Information

School:

- Teenagers who appreciate the importance of applying themselves have a far easier time, even if they're low on self-confidence. They're more willing to tackle the subjects that give them the most trouble. Parents can help in this regard by pointing out how a diligent effort often spells the difference between success and failure. "An eighty-nine on your geometry test? Way to go! See what you're capable of when you put your mind to it? We're really proud of you."
- Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy. Think mini-office. Buy a desk with drawers for storage and enough space for spreading out homework materials comfortably. Be sure that the entire room is well lit, not just the workstation, that your youngster has a comfortable chair and that all the supplies he needs are right there—a dictionary, thesaurus and any other essential reference books should also be within reach.
- When the lure of the TV keeps overpowering the will to work, establish a household rule that the set stays off during homework time (At least one study has found that the sound of a television, even from another room, interferes with retention of information and skills).
- In high school, the late-afternoon hours often fill up with extracurricular activities, sports, part-time jobs and so on. Most days, homework now takes place after dinner. Usually this works out fine since the older teen's changing sleep rhythm allows him to stay alert relatively late at night. But if there aren't enough hours in the night for homework, then you might want to ask the school to include a study hall in your child's day, or, failing that, suggest that he cut back on extracurricular activities or hours spent on a job.
- Encourage reading for leisure and relaxation, not just for school.

Safety:

- Set limits and expectations about driving, such as number of passengers, the amount of night driving allowed, how to minimize distracted driving, and how to avoid high-risk situations. Using a teen driving agreement that is actually in writing is very helpful to this end. Be involved in your adolescent's driving, because parents who are involved are successful at imposing limits.