Your Growing and Changing Child

• Talk with your child about how her body is changing with puberty.
• Encourage your child to brush his teeth twice a day and floss once a day.
• Help your child get to the dentist twice a year.
• Serve healthy food and eat together as a family often.
• Encourage your child to get 1 hour of vigorous physical activity every day.
• Help your child limit screen time (TV, video games, or computer) to 2 hours a day, not including homework time.
• Praise your child when she does something well, not just when she looks good.

Healthy Behavior Choices

• Help your child find fun, safe things to do.
• Make sure your child knows how you feel about alcohol and drug use.
• Consider a plan to make sure your child or his friends cannot get alcohol or prescription drugs in your home.
• Talk about relationships, sex, and values.
• Encourage your child not to have sex.
• If you are uncomfortable talking about puberty or sexual pressures with your child, please ask me or others you trust for reliable information that can help you.
• Use clear and consistent rules and discipline with your child.
• Be a role model for healthy behavior choices.

Feeling Happy

• Encourage your child to think through problems herself with your support.
• Help your child figure out healthy ways to deal with stress.
• Spend time with your child.
• Know your child’s friends and their parents, where your child is, and what he is doing at all times.
• Show your child how to use talk to share feelings and handle disputes.
• If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, talk with me.

School and Friends

• Check in with your child’s teacher about her grades on tests and attend back-to-school events and parent-teacher conferences if possible.
• Talk with your child as she takes over responsibility for schoolwork.
• Help your child with organizing time, if he needs it.
• Encourage reading.
• Help your child find activities she is really interested in, besides schoolwork.
• Help your child find and try activities that help others.
• Give your child the chance to make more of his own decisions as he grows older.

Violence and Injuries

• Make sure everyone always wears a seat belt in the car.
• Do not allow your child to ride ATVs.
• Make sure your child knows how to get help if he is feeling unsafe.
• Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
• Help your child figure out nonviolent ways to handle anger or fear.

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**Your Growing and Changing Teen**
- Help your teen visit the dentist at least twice a year.
- Encourage your teen to protect her hearing at work, home, and concerts.
- Keep a variety of healthy foods at home.
- Help your teen get enough calcium.
- Encourage 1 hour of vigorous physical activity a day.
- Praise your teen when he does something well, not just when he looks good.

**Healthy Behavior Choices**
- Talk with your teen about your values and your expectations on drinking, drug use, tobacco use, driving, and sex.
- Be there for your teen when she needs support or help in making healthy decisions about her sexual behavior.
- Support safe activities at school and in the community.
- Praise your teen for healthy decisions about sex, tobacco, alcohol, and other drugs.

**Violence and Injuries**
- Do not tolerate drinking and driving.
- Insist that seat belts be used by everyone.
- Set expectations for safe driving.
  - Limit the number of friends in the car, nighttime driving, and distractions.
  - Never allow physical harm of yourself, your teen, or others at home or school.
- Remove guns from your home. If you must keep a gun in your home, make sure it is unloaded and locked with ammunition locked in a separate place.
- Teach your teen how to deal with conflict without using violence.
- Make sure your teen understands that healthy dating relationships are built on respect and that saying "no" is OK.

**School and Friends**
- Praise positive efforts and success in school and other activities.
- Encourage reading.
- Help your teen find new activities she enjoys.
- Encourage your teen to help others in the community.
- Help your teen find and be a part of positive after-school activities and sports.
- Encourage healthy friendships and fun, safe things to do with friends.
- Know your teen’s friends and their parents, where your teen is, and what he is doing at all times.
- Check in with your teen’s teacher about her grades on tests.
- Attend back-to-school events if possible.
- Attend parent-teacher conferences if possible.

**Feelings and Family**
- Set aside time to be with your teen and really listen to his hopes and concerns.
- Support your teen as he figures out ways to deal with stress.
- Support your teen in solving problems and making decisions.
- If you are concerned that your teen is sad, depressed, nervous, irritable, hopeless, or angry, talk with me.