

Ten to Eighteen+ Years Old

Name: _____ Date: _____

Height: _____ in. Weight: _____ lbs _____ oz Head: _____ cm

Immunizations given today: up to date
(bring shot record to every visit), please:

Simply Saline (please get this brand in the can - it has no preservative, others do): For congestion / stuffy nose / allergy symptoms up to 4 times daily

Acetaminophen: 1 - 2 tablets every 6 hours for fever >101° F (38.5° C) or pain

Ibuprofen: 1 - 2 tablets every 6-8 hours for pain
Do **not** alternate ibuprofen and acetaminophen

Multivitamins (with iron): May take one tablet daily

Fluoride: 0.5 ml daily if there is no fluoride in your water.
Children need at least 16 ounces of fluoridated water daily.

Medicines prescribed:

Encourage after school activities - help your child with choices if necessary.

Food: (www.mypyramid.gov - a helpful website)

- 4-8+ glasses (8 ounce) **Water** = 32-64+ ounces per day
- 4 servings a day - **Grains & grain products**, for example: 1 slice bread; 1/2 cup dry cereal; 1/2 cup cooked rice, corn, pasta, or cereal
- 4 - 5 servings a day - **Vegetables - dark green, green, yellow, potatoes**, for example: 1 cup raw leafy vegetable; 1/2 cup cooked vegetable; 3/4 cup vegetable juice
- 2 - 4 servings a day - **Fruits & Tomatoes**, for example: 3/4 cup fruit juice; 1 medium fruit; 1/4 cup dried fruit; 1/2 cup fresh, frozen, or canned fruit
- 2 to 3 servings a day - **Low-fat or non-fat dairy foods** (milk products), for example: 1 cup fat-free or low-fat milk; 1 cup low-fat yogurt; 1 1/2 oz. part-skim or non-fat cheese
- 2 servings or less a day - **Meats, poultry, & fish, & eggs**, for example: 3 oz. broiled or roasted lean meats, skinless poultry, or fish; 2 small or 1 extra large or jumbo egg
- 1 serving a day - **Beans (Nuts and seeds** (only if over 4 years of age and sitting down), for example: 1/2 cup cooked beans; [1/3 cup nuts or 2 tablespoonsful sunflower seeds-child over 4 yrs old only]
- 2 to 3 servings a day - **Added fats, oils, & salad dressings**, for example: 1 teaspoonful oil or soft margarine; 1 tablespoonful regular mayonnaise; 1 tablespoonful regular salad dressing; 2 tablespoonsful light salad dressing;
- 1 serving a day - **Snacks and sweets**, for example: 1 medium fruit, 1/4 cup dried fruit; 1 cup low-fat yogurt; 1/2 cup low-fat frozen yogurt; 3/4 cup pretzels; 1 tablespoonful maple syrup, sugar, jelly, or jam

Tips for weight control:

- No TV in bedroom and restrict TV, VCR, DVD (electronic media) use to less than 60-90 minutes per day
- Discuss/plan the next day's TV/DVD/VCR watching the night before and stick to the plan - don't watch material that contains behaviors which you don't wish your child to learn
- Do not eat or drink while walking or driving/riding in a car
- Enjoying social conversation over family meals with small portions instead of gulping food rapidly + 1 glass water before meal
- Read labels, avoid foods containing olestra (Olean), aspartame (NutraSweet), nitrates/nitrites, MSG (monosodium glutamate), bisulfites, high fructose corn syrup, food colors (especially Red # 2 and TD&C Yellow #5 = tartrazine)
- Avoid all soda (including diet), chips, dip, pretzels, crackers, ice cream and other "junk" food except as **very occasional treats**
- Maximum 4 ounces of juice per day. Dilute juice with water if necessary
- Don't use chocolate or strawberry or other flavored milk; avoid products with sugar or corn syrup added - read labels!
- **Whenever your child has anything in their mouth be sure that they are seated**

Suggested Minimum Daily Exercise

- Walk for at least one-half hour outside with your child every day all at once as fast as you can - good for opening communication!
- Goal: 2 miles or 24 blocks in 30-45 minutes. If the weather is bad, cover your child appropriately and take a walk anyway!

Remember safety first - prevent accidents before they happen!

- Use seat belts, car seats, high chairs / booster seats, helmets
- **Anticipate dangers for your child whenever you enter a room**
- Teach your child to stop, look, listen before they cross the street, and to cross in cross walks
- Be open to discussions about strangers and "good touch, bad touch", etc.

Read / talk / play with your child every day for at least 30 minutes twice a day.

Be aware of indoor air quality

- Avoid smoke of any kind, incense, sprays, air freshener, things with strong smells, carpet cleaner, scented candles, potpourri
- Dust from wall to wall carpets (remember that new carpets release formaldehyde) can be a problem
- Animal dander, feathers, and dust mites can trigger allergies..

For emergencies 24 hours/day, 7 days/week: Call 610-372-9222 - follow the instructions on the message - listen carefully, for changes

Use our telephone hour (7:30 - 8:30 am-7 days/week)

- Whenever your address or phone number changes
- For advice before you change your health insurance
- If you need an appointment for an ill child for that day
- To discuss concerns/problems that are not an emergency

Don't forget our secure website at www.aacpp.com for

- Notifying us of changes in your child's address, phone number or other information
- Lots of information on helpful websites, resources, information about child development, disease management and parenting suggestions
- Referral requests, prior authorization requests, appointment requests
- Information about our staff
- Corresponding with us about matters which are not urgent