



Anticipatory Guidance - 13 Year Checkup

Family

- Discuss additional help with teacher if there are concerns/bullying

Development and Behavior

- Discuss puberty and physical changes/sexuality
- Encourage constructive conflict resolution, demonstrate anger management at home
- Establish consistent limits/rules and consistent consequences
- Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
- Limit TV/computer time to 2 hours/day
- Discuss school activities and school work
- Provide space/time for homework/personal time
- Pregnancy/STI prevention
- Self-breast/testicular exam

Nutrition

- Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
- Importance of breakfast
- Healthy weight
- Eating behaviors
- Ensure adequate calcium and vitamin D

Routine Care

- Establish tooth brushing routine twice a day; floss daily
- Encourage personal hygiene routine
- Encourage physical activity for 1 hour/day

Safety

- Develop a family plan for exiting house in a fire/establish meeting place after exit
- Discuss drug/tobacco/alcohol use and peer pressure
- Discuss family expectations concerning dating/sexual contact/abstinence/substance use/peer pressure
- Do not ride in a car with teens who use alcohol/drugs
- During sports wear protective gear at all times
- Get to know teen's friends and their parents
- Lock up guns, enroll in gun safety class if interested
- Promote use of seat belt
- Provide home safety for fire/carbon monoxide poisoning
- Provide safe/quality/appropriate after-school care
- Teach self-safety if feeling unsafe at friend's home/car, answer the door/telephone when adult not home, personal body privacy
- Use of helmet when riding bicycle, skating etc.