

# **Advanced Pediatrics of Rockland, P.C.**

358 Route, 202 Suite 2 Pomona, NY 10970

P: (845) 364-9800

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## **Anticipatory Guidance**

### **12 year old - Female**

Make sure your child is using a helmet when riding a bike, scooter, skateboard, etc. in order to prevent a head injury.

We encourage our patients to do chores in order to learn responsibility. Monitor online use closely as there may be inappropriate content for kids. Try to limit TV and electronics. Encourage creative play and outdoor activity instead. Kids this age are naturally supposed to be running around and getting exercise daily. This is in addition to any gym class they may have in school. We also encourage reading outside of school, especially during summer vacation and school breaks.

Encourage healthy eating for the whole family, including home-cooked meals instead of fast food. Meals should be cooked with water instead of cooking oil, since oil adds a lot of calories without adding any nutrition. Food should be grilled or baked, and not fried. Encourage water and try to eliminate caloric drinks including juice and milk. If your child is drinking milk, she should be drinking fat free (skim) milk and limit it to one cup per day. Good Karma unsweetened flax milk is a very low-calorie alternative and contains vitamin D, calcium and omega 3 fatty acids for brain development. Instead of milk, your child can get her calcium and vitamin D supplementation using Viactiv Calcium chews.

We recommend eating vegetables, low-fat meat and chicken breast, fish, egg whites and beans. While fruit does have nutritional value, it also has a lot of sugar so we try to limit it to one serving a day, especially if weight gain is a concern. Plates should include one-third low fat protein, one-third steamed vegetables without dips, and one-third complex carbohydrates. Limit portion sizes and teach your child that it is o.k. to be hungry between meals. We try to discourage snacking between meals.

Use a mineral sunscreen while your child is outside, especially during the middle of the day. Please always be careful with swim safety. Drowning and near-drowning account for a large percentage of childhood death and disability. The best way to prevent this is to teach your child how to swim and to actively monitor her when she is in or around water.

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Your child should brush her teeth with a fluoride toothpaste twice a day - in the morning (after breakfast if possible) and in the evening (right before bed).

Encourage open discussion about mental health issues with your child and encourage her to tell you or a school counselor if she is feeling depressed, anxious, overwhelmed or suicidal.