

Advanced Pediatrics of Rockland, P.C.

358 Route 202, Suite 2, Pomona, NY 10970

P: (845) 364-9800

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Anticipatory Guidance

13-14 year old

Use a helmet when riding a bike, scooter, skateboard, etc. in order to prevent a head injury.

You should be exercising frequently. This is in addition to school gym class. Cardio exercises such as sports, running, biking, etc are good for conditioning and will help relieve stress and depression. Lifting weights is also important in order to strengthen bones and muscles. Adding muscle increases your metabolism and will help reduce body fat. Complete three sets of exercise for each muscle group, with each set consisting of 10 to 20 repetitions.

Help out with chores in the house in order to learn responsibility and independence, which will help you later in high school and college. Decrease use of TV and electronics. Be careful not to overuse social media as it can lead to unrealistic expectations and depression. Try reading instead, which will feed your imagination and help with college preparation.

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. Drink water and try to eliminate caloric drinks including juice and milk. Good Karma unsweetened flax milk is a very low-calorie alternative and contains vitamin D, calcium and omega 3 fatty acids for brain development. You can also use Viactiv Calcium chews for Vitamin D and calcium supplementation, or a Calcium/Vitamin D pill. You should also consider taking a multivitamin for general health and a probiotic for gut health.

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. Make sure you are eating appropriate portion sizes and try to eliminate snacking. It is natural to be hungry between meals.

Use sunscreen during sun exposure to keep your skin healthy and prevent sunspots, wrinkles and skin lesions. Also, be careful with swim safety in order to prevent drowning.

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Brush your teeth with a fluoride toothpaste twice a day - in the morning (after breakfast if possible) and in the evening (right before bed).

Tell your parents or a school counselor right away if you are feeling depressed, anxious, overwhelmed or suicidal.