

# Ireland Pediatric Care Clinic

## 11-18 Years Old Well Child Visit

Today your child is being seen for his/her well child visit. We thank you for using Ireland Pediatric Care. Our providers are dedicated to the health and well-being of you and your children. Today your child will be seen by:

\_\_\_\_\_.

Today, your child is \_\_\_\_\_ lbs \_\_\_\_\_ oz (\_\_\_\_\_ kg)  
\_\_\_\_\_ inches tall (\_\_\_\_\_ cm), and has a head size of  
\_\_\_\_\_ inches (\_\_\_\_\_ cm)

Your child will receive the following immunizations today: Hep B, MMR, Varicella, TdAP, Menactra, HPV(Gardasil).

The following phone numbers may also be useful to you:

TRICARE Office: (Healthnet)	1-877-874-2273
TRICARE Appointments: (IACH)	1-800-493-9602
Ireland Emergency Department	502-624-9000
Pediatric Nurses Line	502-624-9267
	(answered between hours M-F 0800-1600)
Poison Control	1-800-222-1222

Thank you again for using Ireland Primary Care. We look forward to seeing your child back at his/her next well child visit.



# Ireland Army Community Hospital Immunization Schedule



## Birth:

Hepatitis B

## 2 Months:

Pneumococcal (Prevnar)  
ActHib (Hib)  
Pediarix (Dtap, Hep B & IPV)  
Rotavirus\*

## 4 Months:

Pneumococcal (Prevnar)  
Pedvax (Hib)  
Pediarix (Dtap, Hep B, & IPV)  
Rotavirus\*

## 6 Months:

Pneumococcal (Prevnar)  
Pediarix (Dtap, Hep B, & IPV)  
Rotavirus\*  
ActHib

## 12 Months:

Measles, Mumps, & Rubella  
Varicella\*\*  
Pedvax (Hib)  
Hepatitis A\*\*\*

## 18 Months:

Diphtheria, Tetanus, & Pertussis  
Prevnar, if available  
Hepatitis A #2

## 4-6 Years:

Varicella #2\*\*  
Polio  
Diphtheria, Tetanus, & Pertussis  
Measles, Mumps, & Rubella

## 11-12 Years:

Tetanus & Diphtheria  
Menactra\*\*\*\*

## 11-16 Years:\*\*\*\*

Hepatitis B  
Measles, Mumps, & Rubella  
Varicella  
Tetanus & Diphtheria

## 11-26 Years:

HPV (Females only)

PPD Given only if positive answers to questionnaire or if no PPD given by age 4

Rotavirus only given at age 2, 4, and 6 months according to CDC guidelines after 2 months vaccine can't be given

\*\* Varicella required for children 12 months to 7 years unless history of chicken pox. A second dose of Varicella is now recommended at age 4

\*\*\*Hepatitis A is required for all DOD schools and daycare starting at age 12 months. This vaccine is not required for off post schools but is optional

\*\*\*\*Menactra is required for all DOD schools at age 11. This vaccine is not required for off post schools but is optional

\*\*\*\*\*These vaccines will be given at this age only if they were not given at an earlier age

# After the Shots ...

## What to do if your child has discomfort



*Vaccinations may hurt a little . . .  
but disease can hurt a lot!*

Check your child's temperature with a rectal thermometer if he/she is younger than 3 years of age to find out if they have a fever.

If your child is 4 or 5 years of age, you may prefer taking a temperature by mouth with an oral digital thermometer. You can also take an underarm (axillary) temperature, if your child is older than 3 months.

- If your child's temperature is greater than 104°F \_\_\_\_\_ or if temperature is 101.4 or higher that last more than 72 hours; call your clinic or healthcare provider!

## FACTS ABOUT NOT VACCINATING

\*\*\* Your child can infect others without immunizations \*\*\*

- When your children are not vaccinated, they can pass diseases onto babies who are young, to be fully immunized.
- Also these children who are not immunized can infect the small percentage of children whose immunizations did not “take”.
- These unvaccinated children pose a threat to adults and children who can't be immunized like people with immune system problems like cancer, HIV / AIDS, or receiving chemotherapy/radiation therapy or large doses of corticosteroids.

\*\*\*Without immunizations your child may have to be excluded at times from school or daycare.

# The Danger of Second Hand Smoke

## **\*\*What is Second Hand Smoke?**

Second hand smoke is the smoke that comes from a cigarette or other tobacco that someone other than yourself is smoking.

## **\*\*Secondhand Smoke and Children:**

Children who breathe in secondhand smoke are at risk for many serious health problems including the following:

- Upper respiratory infection
- Ear infections and hearing problems
- Bronchitis and pneumonia
- Asthma

Exposure to secondhand smoke as few as 10 cigarettes per day raises – a child's chances of getting asthma even if the child has never had any symptoms.

## **\*\*Secondhand smoke can cause problems for children later in life including:**

- Lung Cancer
- Heart Disease
- Cataracts (Eye disease)

## **\*\*Protect your Family:**

- Make your home and car smoke free
- Family, friends, and visitors should never smoke inside
- Smoke only outside

## **\*\*Remember:**

Keeping a smoke-free home can help improve your child's health, improve your health and your community

## CHILD CHOKING AND CPR



911

### CPR STEPS

#### 1 Check the Scene

- Make sure it is safe for you to help.
- Don't become another victim.

#### 2 Check the Victim

- tap and shout to get response.

#### 3 Call for Help



- Tell someone to call 9-1-1.

If you are alone, perform 5 cycles of CPR **First**, then call 9-1-1.

Call 9-1-1 for any unconscious victim, including an infant that is breathing.

#### A Airway

- tilt head back, lift chin up to open airway.

#### B Breathing

- Take a normal breath, cover victims's mouth and nose with your mouth, and give a gentle breath until the chest rises.

Give a second breath. Take about 1 second per breath.

If chest doesn't rise, open airway again.

#### C Circulation

- pump the chest 30 times.

Place **two fingertips of one hand** in the center of the chest.

Press chest down **1/3 the depth of the chest** at a rate of 100 per minute (16 in 10 seconds).

# POISON TREATMENT

## SWALLOWED POISON

Your child may have been poisoned if you found him or her with an open or empty container of a toxic substance. You must stay calmly and act quickly.

Get the poison away from your child first. Check your child's mouth if there is still some poison in; remove it with your fingers or have him spit it out. Do not throw the material or poison away since that might help determine what was swallowed.

Check for signs and symptoms of swallowed poisoning:

- difficulty breathing
- nausea and vomiting
- severe pain in throat
- unexplained changes in behavior such as jumping, sleeping
- burns or sores on your child's lips or mouth
- odd odors in your child's breath or drooling
- unconsciousness or convulsion
- stains on your child's clothing

Call 9-1-1 immediately if your child has any of these signs. Do not throw poison containers away. Take it with you to determine what was swallowed.

Call your Regional Poison Center at (1-800-222-1222) or your child's pediatrician if your child does not have any of the above symptoms.



Have the following information available when you call.

- Your name and phone number
- Your child's name, age and weight
- List of your child's medications
- Child's medical history
- Ingredients of substance listed on the label
- Describe what the spill looks like
- The amount of poison you think was swallowed and the time your child swallowed the poison

\*\*The American Academy of Pediatrics and the Poison control Center **NO LONGER** recommend giving syrup & Ipecac for poisoning.

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*PEDIATRIC CARE CLINIC, Bldg 851 Ireland Loop, Ft. Knox, KY 40121,  
(502)624-9267*

## SKIN POISONING

If your child should spill a dangerous chemical on his/her body, take his clothes off and rinse skin with lukewarm water. If there is any signs of burns on the skin, continue rinsing for at least 15 minutes. Do not use ointment or grease, call the poison center for further advice.

## EYE POISONING

Holding the eye lid open, flush your child's eye by pairing a steady stream of lukewarm water into the inner corner. Continue to flush the eye for 15 minutes. Do not use an eye cup, eye drops or ointment. Call the poison center for further instructions.

## FUMES POISONING

Poisonous fumes can come from:

- Leaky gas vents
- Running car in a closed garage
- Stoves that are not working properly (e.g. kerosene, wood and charcoal)

Get your child into fresh air right away if he/she has been exposed to fumes or gases. If your child is not breathing, start CPR and have someone call all right away. Wait until your child is breathing if you are alone, then call 9-1-1.

## **POISON CONTROL CENTER NUMBER:**

**(1-800-222-1222)**

**Post the number by every phone in your home**

## ACTIVATED CHARCOAL

You should have activated charcoal available in your home in case of poisoning. You should always call the poison control number before giving activated charcoal to your child, and only give if you are instructed to do so by the poison control representative.

### Directions:

- 1) Read directions and warnings as soon as you purchase.
- 2) Insert emergency numbers in spaces provided on package.
- 3) Call Poison Control before giving child this product.
- 4) Fill bottle of water or soda pop to fill line on label.
- 5) Shake vigorously for at least 30 seconds.
- 6) Drink entire contents as quick as possible or as directed by health profession or poison control.
- 7) If you are unsuccessful to contact Poison Control, Emergency Medical Facility, or health professional continue trying to contact them first.
- 8) Save container poison was in. Keep patient active and moving.

### Do Not USE

- 1) Unless directed by a health professional
- 2) If Ipecac Syrup has been given
- 3) Until after patient has vomited unless directed to by poison control or healthcare professional.
- 4) If person is not fully conscious.
- 5) If turpentine, solvents such as alkalis (lye) and strong acids, or petroleum distillates such as kerosene, gasoline, paint thinner, cleaning fluids or furniture polish have been ingested.

### KEEP OUT OF THE REACH OF CHILDREN

RECONSTITUTED products should not be stored

\*\*The American Academy of Pediatrics and the Poison Control Center NO LONGER recommends giving syrup of Ipecac for poisoning

# POISON PREVENTION

The below listed tips which should be followed daily to prevent poisoning.

- All medications, whether prescription or over-the-counter, should have child-proof caps and be kept out of reach of children. If possible, put a lock or safety latch on your medicine cabinet.
- Prescription medications aren't the only thing in your bathroom that can be harmful to your children. Hair and skin products can also be dangerous if swallowed or inhaled. Keep them out of small children's reach.
- The medicine cabinet isn't the only place children find drugs. Many kids get them from their mother's purses. If you carry medications in your purse, make sure they have child-resistant closures.
- Never transfer prescription medications to other containers. You may forget what they are and the prescribed dosage. Keep all prescription medicines in original containers.
- Does your desk at home have glue, correction fluid or rubber cement in it? These could be harmful if swallowed. If you have small children, keep office products in locked storage.
- Not all poisons come in bottles. Plants can be poisonous too. Keep house plants out of small children's reach.
- When making your home safe from accidental poisonings, don't forget your garage. Keep automobile products, paints and paint solvents, and pesticides under lock and key and away from children.
- You say you don't have children? Do grandchildren or other kids sometimes come to visit your house? What about pets? Poison-proofing can save lives, even if you don't have small children.

## Good Housekeeping Tips Prevent Accidental Poisonings

The Cincinnati Drug and Poison Information Center recommends these "good housekeeping rules" to prevent poisonings.

- Keep household chemical products and medicines out of youngsters' sight and locked up when not in use
- Store medicines separately from household products
- Store household cleaning products away from food products
- Keep items in their original containers
- Leave the original labels on all products and read the label before using
- Refer to medicine as "medicine" -- not "candy".
- Avoid taking medicines in front of children, since youngsters tend to imitate grown-ups

## Poison-Proof Your Home

- Begin before your baby starts to crawl; get down on a child's level and crawl around your house, making sure all hazards are removed
- There is no such thing as a *child-proof* container; safety containers are only *child-resistant*, making them somewhat difficult to open but not impossible
- Store all potential poisons out of the reach and sight of children; keep products like insecticides, drain cleaners and medicines in a locked cabinet
- Children can open drawers as easily as cupboards; remove cosmetics, medication and other such items from bedside tables and low drawers
- Never let children be the first to open arriving mail or shopping containers
- Never leave purses that contain medicines and other potentially dangerous items unattended

- Never store food and household cleaning products together
- Never transfer products like kerosene, gasoline or household cleaning agents to another container, such as a soft drink bottle, cup or bowl that would attract a child or pet
- When discarding household products, rinse out the container and dispose of it in a covered trash can
- Always store medicines in their original containers, and discard medicines that are no longer used; rinse out empty containers

### Poison-Proof Yourself

- Make sure you set a good example and establish good habits in the home and on the job.
- *Never* tell children medicine tastes like candy or that it is candy.
- Never take medicine when children are present. Children are imitators.
- Don't leave a child and a poison alone even "for a second".
- Don't take medicine in the dark or without reading the label.
- Don't leave purses unattended or available to curious children
- Don't mix household cleaning solutions, such as bleach and ammonia.
- Give medicine only to the person for whom it has been prescribed.
- Follow directions carefully when handling chemicals.
- Always be sure a teenage baby sitter has an adult to contact for help when parents are not available.
- Share this poison information with older siblings, baby sitters and relatives. Everyone has a part in preventing childhood poisonings.

## WATER SAFETY

Water is a hazard for everyone, but especially for children. Water can be fun, but it is dangerous no matter where it is (i.e. bucket, tub, pool, toilet-bowl, lake, puddle, hot tub, etc). Allow your children to have safe fun, but do not take your eye off of them even for 1 second.

Children can drown in less than 1 inch of water. That places them at a higher risk of drowning in anywhere water may accumulate. (ie, buckets, diaper pails, toilets, etc). There have been deaths reported by drowning in buckets with water or other liquids, such as those used for mopping and other household chores. It can happen before you realize what is going on. Drownings are usually silent and quick. A child can lose consciousness within 2 minutes of being underwater, with irreversible brain damage occurring within 4-6 minutes.

From 2005 – 2007 an average of 283 fatal drowning for children under 5 years of age occurred, also 2100 children were treated in the emergency room for underwater related injuries.

## SAFETY TIPS (in general)

- Empty all containers, buckets, & pools after using them. Store them upside down and in an area where children cannot reach.
- Keep toilet lid closed and use locks on the toilet lid.
- Never leave a child in a tub or body of water unattended; even if they do know how to swim.
- Watch children in bath seats and rings every second.
- Have children take approved swimming lessons and make sure family members know how to swim.
- Always check water first if you can't find your child. Time is of the essence with a drowning victim.
- NEVER SWIM ALONE!!!!!!!

## BATH TUB SAFETY

- Place a rubber suction mat in bottom of tub.
- Only fill tub with no more than 3-4 inches of warm water.
- If your child cannot sit up securely on their own, support their back.
- Do not allow them to put their eyes or head under water, and do not let them drink water.

- Keep the lid down on the toilet preferably with a lid lock, and the bathroom door closed.
- Never leave your child when they are in the bathtub even for a second.
- If you have to leave the room grab a towel to wrap around the child and take them with you (answering phone, etc).

## POOL SAFETY

- Babies under 6 months old should not be underwater. They naturally hold their breath underwater, but they continue to swallow.
- You should take an infant/child CPR course.
- All wading pools should be drained and turned upside down or stored upright.
- If you have a pool that is permanent, enclose it with a fence at least 4 feet high. Lock the gate after using the pool each time.
- Take any toys from the deck and pool area and store them.
- Make sure rescue equipment is available.
- Have a telephone with you instead of leaving the pool area to go get one during an emergency.

### \_\_\_\_ Going to Public Pool \_\_\_\_

- Swim where there is a lifeguard or where there is a marked swimming area with buoys.
- Avoid distractions when supervising your child.
- Supervision is the most important part to avoid drowning. No matter how well your child can swim or whether there is a lifeguard on duty.
- Lifeguards have too much area to watch especially if there are a lot of people swimming.

### \_\_\_\_ Personal or Public Pool \_\_\_\_

- One of the top hidden home hazards was reported to be pool drains. Missing drain covers was usually the problem. The suction can be strong enough to even hold an adult underwater by pulling on hair or on the body to form a seal.
- Make sure water is 84 – 87 degrees.
- Water should be safe for wading and be unpolluted. Also pools should be chlorinated properly.
- Do not dive in water less than 9 feet deep.

## HOT TUB SAFETY

- Same rules apply. Never leave child alone.
- Avoid distractions.
- Stay away from drains. Tie hair up if the child has long hair.

## River, Ocean, Lake, & Boat Safety

- Wear a U.S. Coast Guard approved life jacket when in or near an open body of water, boat, or in water sports.
- Never leave child alone. Watch every second.
- Teach child to swim after age 4. Teach them to tread water, float, and swim cross-current.
- Only swim in designated areas & with a buddy always.
- Do Not dive in river, lake, or ocean.
- Do Not let child drive jet skis.
- No alcohol while boating.
- Take a boating education course.
- Participate in a safety check program for vessels.
- Put a carbon monoxide detector on your boat.

What should I do if my child slips under the surface in a tub, pool, or other body of water? When your child is in the water, it's extremely important not to leave him unattended, even for a second. If he slips under water for a moment during bath time or while playing in the pool, it's likely he'll come up coughing and sputtering. If he's been under water for longer, you'll need to move calmly and quickly. Follow these steps:

- Lift your child out of the water
- Carry him with his head lower than his chest
- Remove any wet clothing and wrap him a dry, warm towel or blanket
- Call 911 or our local rescue squad or bring your child to the nearest emergency room immediately. (Even if he appears fully recovered, he may have inhaled water, which could cause lung damage).
- If he's unconscious, assess his condition, breathing, and pulse. If he's not breathing, open his airway and begin mouth-to-mouth and nose resuscitation. If he has no pulse or breathing, begin infant/child CPR.

\*\* Although chances are you'll never need to do CPR on your child, it's wise to learn the method, just in case. For more information, see our illustrated guides to infant and toddler first aid for choking and CPR.

# SCHOOL YEAR SAFETY TIPS

With the start of a new school year just around the corner, fall is a busy time of year and can also be dangerous. There are fewer daylight hours which can make it harder for motorists to see these young pedestrians. Many children rely on catching a bus, walking or riding a bicycle to and from school.

Teach your children some of these simple safety rules

## Riding the School Bus

- \* Wait in a safe place away from the street and traffic.
- \* Wait for the bus to come to a complete stop, for the doors to open and for the bus driver to say it's okay to step onto the bus.
- \* You should look both ways before crossing or stepping in the street to make sure there are no cars passing the bus.
- \* The handrail should be used while entering or exiting the bus.
- \* Never walk behind the bus.

Ten feet in front, behind and on each side of the bus are the most dangerous areas around the bus. Children are at the greatest risk of not being seen by the bus driver in these areas. Throughout the school year, children need to be taught and reminded about how to get on and off the bus safely, to avoid getting hurt, especially at the beginning of the school year.

## Riding in a Car

- \* Everyone should wear a seatbelt at all times when in a vehicle.
- \* Make sure infants and children are in an appropriate child safety seats or child booster seats.
- \* Children under 13 years of age should ride in the rear seat of vehicle.
- \* Children should be dropped off and picked up as close to the school as possible.

It is a great time to encourage and practice safe habits during the back-to-school season. School safety begins before children arrive at school and does not end until they arrive safely at home. While traveling to and from school, to avoid potential dangers, encourage your children to make safe habits a priority.

## Walking and/or Bicycling to School

- \* Always wear a safety helmet if bicycling.
- \* You should ride on the right side of the road in the same directions as auto traffic.
- \* When crossing the street, walk your bike across in a crosswalk.
- \* When walking to school, if possible, walk with one or more classmates and friends.
- \* Your child should be taught to recognize and obey all traffic signals and markings.

Children may not be ready to ride a two-wheeled bicycle until 5 or 6 years of age. Along with physical skills, your child must demonstrate self control and mental readiness for understanding and obeying safety rules.

## BACKPACK SAFETY TIPS

### Examine Shoulder Straps

Wide, padded straps that hold the backpack close to the body and within inches above the waist will provide a comfortable fit and help prevent back injuries as opposed to narrow straps that can dig into shoulders and restrict circulation.

### Use Both Shoulder Straps

Wear both shoulder straps to distribute the weight of the backpack evenly. Using only one shoulder strap can strain muscles and hurt the spine.

### Pad Your Back

A padded back helps protect against sharp edges on objects inside the backpack and increase comfort.

### Fasten The Waist Strap

Using the waist strap can distribute the weight of a heavy load more evenly.

### Pack Lightly

A backpack should not weigh more than 10-20% of the child's weight. For example, if your child weighs 100 pounds, their backpack should not weigh more than 20 pounds.

### Organize The Contents

Heavier items should be packed to the center of the backpack. Use compartments to distribute weight evenly.

### Bend with Care

Use both knees to squat down. Do not bend over at the waist when wearing or lifting a heavy backpack.

### Ask Your Child

Ask your child if he or she is experiencing any pain or discomfort from wearing their backpack.

### Consider Duplicates

If possible, keep one set of textbooks at home for your child to use and leave a second set of books at school.

### Talk To Your Doctor

Ask your doctor for advice regarding backpack safety.

## Today's Teens 11 – 18 Years Old

Your doctor may have cared for you since you were a small child. You will have new health needs as you continue to grow and change. Even though you are becoming an adult, your doctor can still help you stay healthy.

At age 11 or 12, most doctors will speak with you and your parent or guardian at your checkup and suggest that you spend some time alone with him or her during future health care visits. Everything that is discussed at these visits will remain confidential. This way you will learn how to take care of your own health.

Growing up can be confusing. Your body is changing and you may feel differently than you did a few years ago. You may have questions about the changes you are feeling. Your provider can answer any questions and concerns you might have, to include: acne, eating healthy, height/weight, dating, body changes, alcohol, drugs, etc.

You need to take charge of your health as you become an adult. You should see your provider once a year. Most teenagers only go to the doctor if something is wrong, but you should go when you are feeling well also. You can talk to your provider about anything.

Your provider respects you as a patient. They will keep your discussions private when they can. Just remember your parents are concerned about you, and your provider will want to tell them of any situation that puts your life or someone else's life in danger. The things you share with your provider is kept private for the most part.

- 1) you should tell your provider if you have any pain; or any change in the way you feel.
- 2) you should see your provider for school/sports physicals. They can tell you tips to help you avoid injuries.
- 3) you can talk to your provide about how you are growing and what you can expect ie, (height, acne, sexual development, weight).
- 4) your provider is here to help you if you are having a hard time dealing with problems with your family or friends.
- 5) you should talk with your provider if you are having difficulties in school and/or balancing school work, home, etc.

- 6) If you have questions about alcohol and drugs you should talk with your provider. As you become an adult it is important for you to decide what is right for you. Your provider knows you may feel pressure; but they can explain how using alcohol, cigarettes, and other drugs affect you and your body.
- 7) You can talk to your provider about dating, sex, and infections you transmit from other people. They will talk with you confidentially about how to protect yourself, postponing sex and pregnancy. The decisions you make now can affect the rest of your life.
- 8) Sometimes you may feel that your family does not understand you. You can talk with your provider if you have a problem you think your parents will not understand.
- 9) Your provider may send you to another provider for a special problem. If they send you to a specialist, you should continue to see your provider for general health care needs.

### What you can do to stay healthy

Use the following list to take care of yourself and stay healthy.

- Eat right and get plenty of sleep
- Know how to handle minor injuries, such as cuts and bruises, as well as minor illnesses like colds.
- Know how to seek medical attention for problems such as vomiting, headache, high fever, earache, sore throat, diarrhea, or abdominal pain.
- Take care of your mental health and ask for help if you have sleep problems, sadness, family stress, school problems, problems with alcohol or other drugs, or trouble relating to friends, family, or teachers.
- Avoid alcohol, cigarettes, smokeless tobacco (chew), and other drugs.
- Delay having sexual relations or use protection if you choose to have sex.
- Exercise regularly, with help from an adult who knows what is right for your body.
- Always wear your seat belt when you are in a car or truck.

As you become an adult, you will face many challenges. With help from our pediatrician, you will learn how to make the right decisions that will help you grow up healthy.

## PUBERTY for GIRLS

Puberty is the time where your body changes from a child's to an adult. These changes are caused by hormones in your body. They may make you feel off balance or out of control. How you think and feel will change also. As you go through puberty you will become more independent.

Puberty for girls usually begin around the ages of 9-13 years old. Boys generally start puberty later. This is why girls are usually more mature and taller than boys. At this stage girls become physically able to have a child.

### Changes in your Body

- 1) You will start to grow hair on your body. In the pubic area (between your legs), under your arms, on your legs. Some women choose to shave, but there is no medical reason to do this. If you decide to shave make sure you use a razor for women, soap and water, and do not share razors with anyone else.
- 2) Your body will become curvier. Your hips get wider, waist gets smaller, and your body will build up fat in your stomach, buttocks, and legs. This is normal.
- 3) Your breasts may start to develop. When this happens you may have small lumps that are tender under one or both of your nipples. Your nipples will get bigger over the next few years. One breast may be larger than the other, but they usually even out before they reach their final shape and size. You might need a bra as your breasts grow. This is an exciting time. People may make a big deal out of this, just remember they are proud of how much you have grown and they do not mean to embarrass you.
- 4) You may feel clumsier because your arms, hands, legs, and feet grow fast. Your body just cannot keep up yet. However, as it does the clumsiness will go away.
- 5) You must keep your face and body clean. Use deodorant or anti-perspirant to keep odor and wetness under control. Even though you keep your face clean you still may get pimples. Talk with your provider on how to handle acne.

- 6) Most girls start the “menstrual cycle” between the ages of 9-16 years of age. Your ovaries begin to release eggs during puberty. If the egg is fertilized with a boy or man’s penis, it will become a baby. A thick layer of blood cells and tissue builds up in your uterus to prepare for fertilization. If the sperm does not fertilize the egg, then the body does not need the cells and tissues. They turn into a blood-like fluid and flow out of the vagina. Your “period” is the monthly discharge of this fluid from your body. When girls begin to have their periods, they are able to conceive and become pregnant.
- 7) You will need to wear a tampon or sanitary pad to keep the fluid from staining up your clothes. Tampons are placed inside the vagina and sanitary pads are worn inside the panties with adhesive strips on the back to secure them to your panties. Some girls wear both.

Sanitary pads come in different sizes and shapes. Pads are for heavier flow and panty liners are for lighter flow. Some girls do not like the feeling of wetness and odor that accompanies the wearing of pads.

Tampons also come in different levels of thickness from heavy to light flow. There are different brands for you to choose from. When you use a tampon be sure to take your time, relax, and insert the tampon slowly into your vagina. Make sure the string stays on the outside of your vagina, this is so you can pull it out to remove it. Change the tampon often and do not sleep overnight with it inserted. This is to avoid infections. Some girls do not like inserting a tampon into their vagina.

- 8) You have options to choose from, so try them out and see which works best for you. You can also talk with your provider if you have any concerns or issues.
- 9) Your period will usually last 3-7 days, but you may have 1-2 days of spotting. Spotting is normal, however, if you bleed regularly between periods let your provider know.
- 10) You can still participate in your normal activities (gym class, swimming) etc. Doing exercise can even help you relieve cramps and discomfort you have during your period.

- 11) When girls first begin their period, they are not usually regular. Some girls do not have a regular period during the first year. They can be as short as 3 weeks or as long as 6 weeks. Some girl cycles are longer. Even after your menses become regular, you can still miss your period. It can be due to stress, illness, nervousness, poor diet, or heavily exercising. Pregnancy also stops periods from happening.
- 12) Do not worry too much about bleeding. Most girls only lose 1-3ozs of blood during their period. (Your body has 5 quarts of blood). If you soak more than 6-8 pads or tampons in 24 hours tell your provider.
- 13) Most symptoms of discomfort are mild during your monthly menstrual cycle. Symptoms such as: bloating, sore/swollen breast, cramps, headache, mood changes, depression, etc; are common. However, if your cycle is heavy and you are bleeding more than 7-10 days, or if you have break-through bleeding between periods, severe pain, possible pregnancy, or anything you feel you need to discuss, please call your provider.
- 14) Puberty is a time where you experience many different emotional changes. You began to care what others think of you, you start making your own decisions, relationship may change from important to non-important. You also become self-conscious about your appearance and began to compare yourself to others. Remember, everyone is unique in his/her own way and we go through puberty differently from others.

During these adolescent phases of puberty, you also become more aware of your sexuality. A look, touch, or just thinking about someone may make your heart beat faster and produce a warm, tingling feeling all over. This is completely normal. You may be asking yourself the following questions:

- "Is it okay to masturbate (touch your genitals for sexual pleasure)?"
- "When should I start dating?"
- "When is it okay to kiss?"
- "How far is too far?"
- "When will I be ready to have sexual intercourse?"
- "Will having sex help my relationship?"

Masturbation is normal and will not harm you. Many boys and girls masturbate, many do not.

Deciding to become sexually active can be very confusing. On one hand, you hear so many warnings and dangers about having sex. On the other hand, movies, TV, magazines, even billboards seem to be telling you that having sex is okay. The fact is, sex is a part of life and, like many parts of life, it can be good or bad. It all depends on you and the choices you make.

As you continue through puberty, you may experience pressure from many sources to have sex. Knowing where the pressures come from will make them much easier to deal with. Pressure to have sex may come from:

- **The media:** Because there are so many images in the media about sex, it is easy to get the idea that having sex is the right thing to do. Sex in movies, TV shows, magazines, and in music is often shown as not having any risks. Do not let these messages fool you. In real life, having sex can be very risky.
- **Your own body:** It is perfectly normal to be interested in sex. After all, growing sexually is what puberty is all about. The sexual urges you feel during puberty can be very powerful. What is most important is to stay in control of these feelings and not let them control you. Keep in mind that sex is not the only way to express how you feel about someone. Taking walks, talking, holding hands, hugging, and touching are great ways to be close to someone you have strong feelings for.
- **Your friends:** It may seem like “everybody’s doing it” or that people who have sex are “cool.” Maybe you feel like you should have sex to be popular and fit in with the group. However, people like to talk about sex and some may want others to believe that they are having sex even when they are not. Someone who does not want to be your friend just because you are not having sex is probably someone who is not worth being friends with anyway. Do not let friends – or anyone – talk you into having sex. This is a decision you make when it is right for you, not for your friends.

Deciding whether or not to have sexual intercourse is one of the most important decisions you will ever make. Why not take your time and think it through? Talk with your parents about their values. Waiting to have sexual intercourse until you are older, in a serious relationship, and able to accept the responsibilities that come along with it is a great ideal.

You should enjoy being young without having to worry about things like pregnancy and deadly diseases.

However, if you decide to have sex, talk with your pediatrician about which type of birth control is best for you. When using condoms, always use latex condoms to prevent sexually transmitted diseases like chlamydia, herpes, and HIV (the AIDS virus). For more information on preventing pregnancy talk to your provider.

### Learning to take care of Yourself

As you get older, there will be many decisions that you will need to make to ensure that you stay healthy. Eating right, exercising, and getting enough rest are important during puberty because of all the changes your body is going through. It is also important to feel good about yourself and the decisions you make. You have to learn to care for your own body, work hard and maintain good health, and to like yourself as you are.

## Puberty for Boys

Puberty is the time where your body changes from a child's to an adult's. These changes are caused by hormones in your body, and make you think and feel off balance or out of control. As you go through puberty you will become more independent. Puberty for boys usually begin around the ages of 10-16 years old with a growth spurt.

### Changes in your body

- 1) You will start to grow hair on your body. It will appear under your arms, on your face, on your legs, on your chest, and above your penis. Some men choose to shave their face, but there is no medical reason to do this. If you decide to shave make sure you use a razor for men and use shaving cream. Do not share razors with anyone.
- 2) Your voice may start cracking and get deeper. As you get older your voice will stay at a lower range, and the cracking will stop.
- 3) You will gain a lot of weight. Your shoulders will get broader and you will get taller. Some boys have swelling under their nipples, and they start to worry they are growing breasts. Do not worry, this is temporary. Your muscles will also start to get bigger. You may compare yourself to others and try to rush getting bigger muscles. Do not rush into weight training, talk with your provider first to make sure your body is physically ready.
- 4) You may feel clumsy because your arms, legs, hands, and feet grow fast. Your body cannot keep up just yet, but as it does the clumsiness will go away.
- 5) You must keep your face and body clean. Use deodorant or anti-perspirant to keep odor and wetness under control. Even though you keep your face clean, you still may get pimples. Talk to your provider about how to handle acne.
- 6) Your testes and penis will get larger. Due to increased sex hormones, you will have more erections. Erections happen when the penis gets hard and stiff. You may feel embarrassed, but this is normal. Most people will not even know unless you draw attention to it. Sometimes boys will compare the size of the penis with others. Keep in mind the size of your penis has nothing to do with sexual function or manliness.

During puberty your body will produce sperm. This means you may experience ejaculation during an erection. This happens when semen, which is made of sperm and other fluids, is released through the penis. Many boys experience a "wet dream". This happens at times when you are sleeping and wake up to find your pajamas or sheets are wet. This is normal and will stop as you get older.

Puberty is a time of emotional changes too. You start to care about what others think of you, you start making your own decisions, relationships may change from important to non-important and vice-versa, you can be self-conscious about how you look, and began to compare yourself to others. Remember that everyone is unique in his/her own way and that we go through puberty differently than others.

### Sex and growing up

During this time, you also become more aware of your sexuality. A look, touch, or just thinking about someone may make your heart beat faster and produce a warm, tingling feeling all over. This is completely normal. You may be asking yourself the following questions:

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### Learning to take care of yourself

As you get older, there will be many decisions that you will need to make to ensure that you stay healthy. Eating right, exercising, and getting enough rest are important during puberty because of all the changes your body is going through. It is also important to feel good about yourself and the decisions you make. You have to learn to care for your own body, work hard and maintain good health, and to like yourself as you are.

## Teenagers and Smoke

80% of teenagers do not smoke. They have made a healthy choice. That means 20% do smoke. We should keep in mind that 90% of all smokers started when they were teenagers. 3,000 teens start smoking every day. 1/3 of these new smokers will eventually die of smoke-related illnesses. Teenagers are more likely to smoke if they live with someone who smokes.

Cigarettes and cigars contain chemical that can harm the body. It reduces oxygen delivered to your body, harms the cilia (tiny hairs) in the lungs, causes cough, and your lungs become gray and "dirty".

Tobacco contains a drug called nicotine that makes the heart beat faster and work less efficiently. This is bad for your health and causes poor athletic performance. The carbon dioxide in smoke robs the body of oxygen and you cannot perform as well as others who do not smoke. Smoking can also cause coughing; burning in eyes, throat, nose; and make you feel dizzy.

Nicotine is very toxic. If an average person takes a few drops of pure nicotine it will kill them. Smokers get small amounts of pure nicotine that allows the body to get rid of it. Cigarettes contain over 4,000 chemicals. 400 chemicals are toxic and around 40 chemicals cause cancer. Some chemicals found in cigarette smoke is: ammonia (fertilizer), cyanide (poison), carbon monoxide (poisonous gas), benzene (used in paints), acetylene (fuel), formaldehyde (embalming fluid), etc.

Smoking:

- 1) doubles your chances of heart disease
- 2) smokers 10 times are likely to die from lung cancer than non-smokers
- 3) causes emphysema and bronchitis
- 4) mothers who smoke have higher risk of premature births, infant deaths, and underweight babies.
- 5) causes harm to others who do not smoke through second hand smoke
  - adults exposed to 2<sup>nd</sup> hand smoke are more likely to have ear infections, upper respiratory infections and asthma
  - children exposed to 2<sup>nd</sup> hand smoke are more likely to have ear infections, upper respiratory infections, and asthma

Smoking is addictive. The longer you smoke, the harder it is to quit. It may take you several attempts but do not give up, keep trying. Smoking causes bad breath and stained teeth. It is also an expensive habit.

Tobacco, chewing tobacco, snuff are also dangerous to your health. You increase your risk of gum disease (which leads to loss of teeth). Smokeless tobacco can cause your lips/gums to sting, crack, bleed, and sores can grow in your mouth. Mouth sores take longer to heal.

### There Is Help

Quitting is possible, and is a must if you want the best for yourself and those around you. Many young people think they are not at risk from smoking. They tell themselves, "I won't smoke forever" or "I can quit anytime." However, if you ignore warning signs and continue to smoke, your body will change. It will get used to the smoke. You won't cough or feel sick every time you puff on a cigarette. yet the damage to your body continues and worsens each time you smoke.

In order to quit, you'll need support from your family and friends. Try again if you don't succeed the first time. Deciding to stop is up to you. Once you make that commitment, you can get help from your pediatrician or school health office.

## Tips For Parents (Adolescents)

There are a lot of changes and Challenges during adolescence. It can be confusing to you and your child. This might be a difficult time for you, but it is also rewarding to see your child become an independent and responsible adult.

### Suggestions to help you during adolescence

- 1) Take time to spend one-on-one with your child. Even if they do not want to, remind them you are there.
- 2) Have family time with your child.
- 3) Listen to your child.
- 4) Respect that your child has feelings and do not dismiss their feelings. Try to understand how they feel.
- 5) If your child makes mistakes, try not to get upset.
- 6) If you criticize make sure it is the behavior, not the attitude.
- 7) Praise your child.
- 8) Let your child be who he/she is. Do not compare them to others.
- 9) Be their parent, not their friend. Set rules and enforce them.
- 10) Apologize if you are wrong.
- 11) Talk with your child's provider if you have any questions or concerns.