

# Bloomfield Pediatric Care

43205 Woodward Avenue Bloomfield Hills, MI 48302

## 15-17 Year Old Well Visit

<p><b>Growth &amp; Development Milestones</b></p> <ul style="list-style-type: none"><li>✓ Most girls complete the physical changes related to puberty by age 15</li><li>✓ Boys continue to mature and gain strength, muscle mass, and height. Sexual traits also continue to develop</li><li>✓ May stress over school and test scores</li><li>✓ May have high expectations and low self-image</li><li>✓ Seeks privacy and time alone</li><li>✓ Worries that they are not physically or sexually attractive</li><li>✓ Explores romantic/sexual behaviors with others</li><li>✓ Risk taking with alcohol, tobacco, sex or drugs</li><li>✓ Better able to set goals &amp; think in terms of the future</li><li>✓ Starts to develop moral ideals &amp; select role models</li><li>✓ Better understands complex problems &amp; issues</li></ul>	<p><b>Personal Health &amp; Wellness</b></p> <ul style="list-style-type: none"><li>✓ Set good examples regarding diet and exercise</li><li>✓ Be aware of progress and concerns at school</li><li>✓ Offer healthy snacking options</li><li>✓ Have them plan and prepare family meals</li><li>✓ Encourage 2-3 servings of dairy daily for bone growth &amp; avoid juices or limit to 4 ounces/ day</li><li>✓ <b>Limit junk foods, soda pop and fatty/fried foods</b></li><li>✓ Encourage at least 1 hour of physical activity daily</li><li>✓ Don't allow competition to get out of hand; encourage personal bests</li><li>✓ Encourage strict guidelines about hygiene</li><li>✓ <b>Limit screen time to less than 2 hours per day and carefully monitor programming and websites</b></li><li>✓ Brush twice a day and floss daily</li></ul>				
<p><b>Fire Safety &amp; Burns – Water Safety</b></p> <ul style="list-style-type: none"><li>✓ Test smoke detectors 2x/year</li><li>✓ Install CO alarm near sleeping areas</li><li>✓ Keep matches and lighters out of reach</li><li>✓ Have fire escape plan and PRACTICE!</li><li>✓ Water heater should be set at 120 degrees or less</li></ul>	<p><b>Home &amp; Personal Safety</b></p> <ul style="list-style-type: none"><li>✓ Be aware of the dangers of outdoor trampolines</li><li>✓ Children require a tobacco free environment at all times</li><li>✓ Don't forget sunscreen!</li><li>✓ <b>Wear helmets</b> while riding bicycles, scooters, skateboards or roller blades</li><li>✓ <b>New drivers</b> need reminded of safety and good decision making behind the wheel</li></ul>				
<p><b>For more information on normal growth and development:</b></p> <p><a href="http://www.bloomfieldpediatriccare.com/normal-development/normal-development-15-to-17-years-old/">http://www.bloomfieldpediatriccare.com/normal-development/normal-development-15-to-17-years-old/</a></p>	<p><b>Helpful resources:</b></p> <p><b>Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition</b></p> <p><a href="http://www.bloomfieldpediatriccare.com/pediatric-health-topics/">http://www.bloomfieldpediatriccare.com/pediatric-health-topics/</a></p>				
<p><b>Office Hours:</b></p> <p>Monday – Friday                    9:00 am to 5:00 pm</p> <p>Saturday (Sept – May)            9:00 am to 12:00pm</p> <p><b>Phone Number                    (248) 451-0600</b></p> <p><b>Answering Service                (248) 858-6888</b></p>	<p><b>Poison Control (800) 222-1222</b></p> <p><b>Child Safety Seat Inspection:</b></p> <p>1-866-SEATCHECK; <a href="http://www.seatcheck.org">www.seatcheck.org</a></p> <p><b>Beaumont Pediatric After Hours Clinic</b></p> <table><tbody><tr><td><b>Royal Oak</b></td><td><b>Troy</b></td></tr><tr><td>(248) 551-0222</td><td>(248) 964-2888</td></tr></tbody></table>	<b>Royal Oak</b>	<b>Troy</b>	(248) 551-0222	(248) 964-2888
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