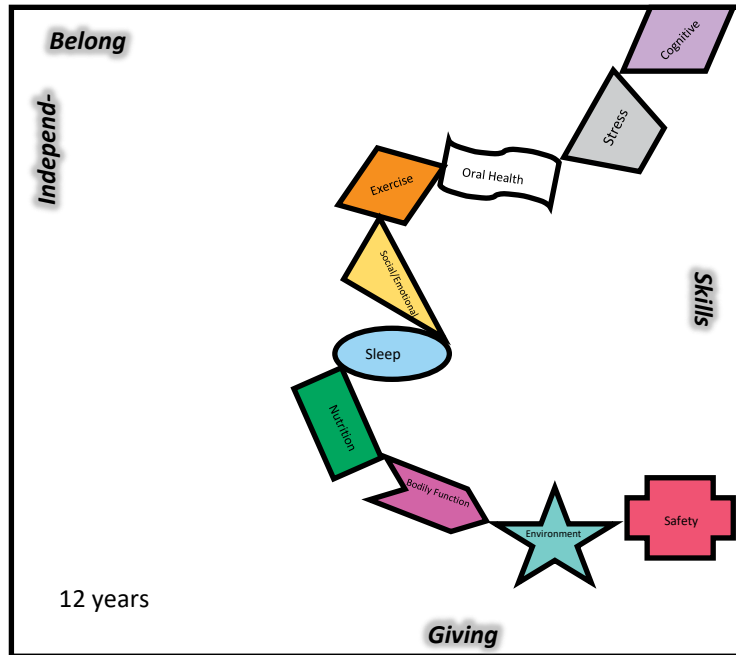


# Health is a Journey!!

## What to expect between 12 Years and 13 Years

### When to Call or Ask for Help!

The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** when your child grows up! How exciting is that? And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!



## One Day at a Time!!

And it all happens each Day as you make choices! Here are a list of things to possibly add to your Healthy Child Calendar, to be sure they get done:

## Healthy Child Calendar

*Pick one up to use as a reminder!!!*

1	2	3	4	5	6	7
8	9	10	11	12	13	14
8	9	10	11	12	13	14
15	16	17	18	19	20	21
15	16	17	18	19	20	21
22	23	24	25	26	27	28
22	23	24	25	26	27	28

### A Day in the life..



*Give that kid a hug!*

*Gene...and Dr. Greta*

# Health is a Journey!!

What to expect at 12 Years Old!!!

Where will **YOUR JOURNEY** lead???. Choose **DESTINATIONS**, **PATHWAYS**, and **GPS HABITS** to get there....

## One Day at a Time!!

The **Healthiest Kids** work for these “Destinations” on the **JOURNEY**: How are **YOU** getting **HEALTHY** with these **DESTINATIONS**?



**SKILLS:** Things you can do and learn and use to make things better



**BELONGING:** Being a useful part of a group to make things better

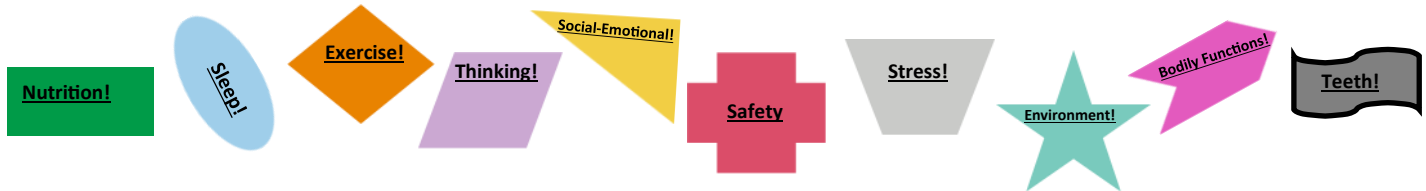


**GIVING:** Giving your time and talents to make things better



**INDEPENDENCE:** Thinking and acting on your own to make things better

The **Healthiest Kids** choose Short Term Goals or **PATHWAYS** to do everyday to be Healthy. Which will you Choose to develop?



The **Healthiest Kids** choose Daily Habits, called **GPSs** (Gene’s Problem Solvers!) to get the **Pathways** done to reach **Destinations!**

### Pathway-Nutrition

- ◇ Stop the Pop! Delete the Sweet! Vamoose the Juice!
- ◇ BMI less than 85... Percentile
- ◇ Toddlers; Take the Dip... in BMI
- ◇ Otter Drink your Water!

### Pathway-Exercise

- ◇ Quit the Sit!!
- ◇ Be Heroic-Do Aerobic...Exercise!
- ◇ Go the Distance with Resistance
- ◇ Lengthen to Strengthen!
- ◇ Fetch the Stretch

### Pathway-Sleep

- ◇ 10 hours a night
- ◇ No media in the bedroom

- ◇ Ways to go to sleep

### Pathway-Teeth

- ◇ Don't share Spit!
- ◇ "Give a Swig" after eating/drinking
- ◇ Brush/floss 1-2 times a day

### Pathway- Social/Emotional

- ◇ Share with /Help Others
- ◇ Smile/laugh
- ◇ Be thankful
- ◇ Read others' emotions

### Pathway- Cognitive (Brain Thinking)

- ◇ Make your Thought Stream Supreme!
- ◇ Read to Succeed- Perceive and Achieve- Solve and Evolve
- ◇ Math is the Path—Attention = Extensions & Dimensions

### Pathway- Environment and Safety

- ◇ Use sunscreen
- ◇ Wear seat belts
- ◇ Don't smoke or use drugs
- ◇ Are you Mired in the Media Mélange?
- ◇ Disaster Drills

### Pathway- Stress

- ◇ Practice WAIT!
- ◇ Pick a Calm the Qualm technique

**Pathway-Bodily Tasks** (each TSK may have a specific need, like working on Constipation, or urine accidents, or asthma... so... fill in the blank!)

- ◇ "Spy Inside" for a particular problem, like headaches or stomachaches— or just feeling Yucky!

## One Day at a Time! START HERE →

for **YOUR HEALTHY JOURNEY!!!**

So... **Pick** something **HEALTHY** to work on this year!

**What** is it?

**How** will you do it?

**Make** a plan!

**TELL DR. GRETA about!!!!**

**Parents— Give that Kid a hug!**

**Kids— Give your Parents and Grandparents a hug!**



1	2	3	4	5	6	7
8	9	10	11	12	13	14
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# Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

Greta McFarland, MD FAAP  
Box 849  
Ashley Clinic  
Chanute, Ks 66720

**12 year-Olds and Adolexcents! Hang on to your Hats!!**

## MORE INFO IN DEPTH.....

**The 12 Year Visit!!** Have you and your pre-teen boarded the Adolescent Express? The wildest ride you may take as a parent, fueled by Hormones? And monitored by.... The Grumpiness Factor?

### **TERMS TO KEEP IN MIND**

**Puberty** = the changes from child to adult, that are triggered by chemicals in the body, called Hormones.

**Esteem Issues & Risky Behaviors** = When a pre-teen doesn't feel he or she is as good as everyone else, he or she will try to prove to self and others that he or she IS worth something. This leads to Risky behaviors (reckless actions or trying to test the situation at this age, then as a teen, poor self-esteem can lead to dangerous driving, aggressiveness or violence to control others, abnormal uses of sex, and substance abuse, among others).

**Grumpiness Factor** = a Dr. Greta term for an observable reason for your pre-teen's behavior. For example, poor diet, or lack of sleep may make your pre-teen act ten times worse than normal, so the Grumpiness Factor is 10! (A fudge factor for you scientists out there!) Parents can become experts in recognizing the various Grumpiness Factors in their own pre-teens!

### **Two types of Stresses:**

**Outside Stresses** = School, Friends, Family Pressures

**Control** these by understanding the causes and attempting to problem solve.

*Some Outside Stresses can't be changed; the pre-teen will need to adjust.*

**Inside Stresses** = When the body gives us headaches, stomachaches, depression

**Control** these by being aware of the body's needs (good nutrition, sleep, exer-

cise) and being aware of attitudes that make these things worse.

Relaxation techniques can help.

**Outside Stresses can cause Inside Stresses, if we aren't watching!!**

**All Aboard for the Adolescent Express!! Through the Pre-Teen-Aged Brain!!!!**

### **The Brain and Stress**

**The Pre-Teen-Aged Brain is very susceptible to Stress. What is stressful for one pre-teen may not be for another. Also, what is stressful today, may not be tomorrow for your pre-teen!**

**Need:** Stress is an important part of life. Without stress we don't mature and figure out better ways of doing things. But too much stress makes us give up or quit trying. The balancing act is to allow pre-teens to have enough good stress to encourage them to mature and become independent, but not let them be so overwhelmed (over a long period of time) and give up. How do you tell the difference? That's what creative parenting is all about!!

**Pre-Teen and Teen Tendency:** If something gets hard, the pre-teen may regress back to an earlier form of problem solving. If good habits have been in place, he or she will have several ways to tackle a problem. If the pre-teen can't find a way, he or she may feel he or she isn't any good (decreased self-

esteem) and turn to risky behaviors for attention to feel important, again. Pre-Teens may not know who to talk to about some issues, and keep it bottled up inside, which can lead to headaches, stomachaches, depression.

**Result: Grumpiness Factor**, at least 3-8, depending on the stress and what is at stake

**Physical Problems**, headaches, stomachaches, sleep problems, depression

**Social Problem**, avoiding school, and later grades dropping, friend changing .

### **What to do?**

Help your pre-teen develop good problem solving techniques and ways to look at situations.

Help your pre-teen understand different stresses and stress management techniques.

Spend time listening. It may take more time than you think!

If headaches, stomachaches or depression occur, let me know.