

# Health is a Journey!! One Day at a Time!!

**13 Years old!! WOW!** What are you Doing with your Life?? *The Healthiest Kids make good choices!!* (Decreases stomach aches, headaches and more!!!)

Develop Healthy Habits to meet Long-Term Goals! (LTG= Skills, Belonging, Giving and Independence)

Check out the "Heads" Up Checklist for ways you can be the Special Person you Want to Be!!

Home	<p>S: Help at home with chores (laundry, cooking, housekeeping)            G: Help family members with their activities and support their interests            B: Share time, like eat meals together, go to events together            I: Volunteer to help (taking responsibility for something like the laundry!)</p>	<p>◇ I do my Laundry.            ◇ I can cook healthy meals.            ◇ I go to bed on time, get up easily, am not grumpy.            ◇ I smile and laugh with my family everyday.            ◇ I do something to help my family every day</p>
Education Employment	<p>S: Learn many different things            G: Share knowledge with others            B: Be in other interest groups (sports, clubs)            I: Volunteer to learn extra or do extra things</p>	<p>◇ I work to learn things, even if I don't like something.            ◇ I work extra hard on things that are harder for me.            ◇ I volunteer to learn something new or do things for others.</p>
Eat	<p>Eat Breakfast            Eat 5 veggies, 3 calciums, 2 proteins            Drink at least 8 glasses of water a day            Limit the pop and sweets</p>	<p>◇ I eat breakfast with protein, even if I don't feel like it.            ◇ I think about my eating (and don't just "snarf" mindlessly).            ◇ I stop eating while I'm a little hungry.            ◇ I don't eat "empty calories" (sugar drinks, sweets, breads, pastas).</p>
Exercise	<p>5- 7 times a week            Consider aerobic, strengthening, stretching</p>	<p>◇ I have a planned exercise plan (sports, other).            ◇ I take extra exercise opportunities, like taking stairs instead of the elevator.            ◇ I do extra things like house cleaning.            ◇ I exercise during commercials.</p>
Activity	<p>I: Time Management: How do you spend time and are you content with what you are getting done? Who you spend time with?            S: Make Media healthy choices: use media for education and to help others            B: Plan healthy activities with others            G: Share activities with others</p>	<p>◇ I know how I use time. I plan what I want to get done.            ◇ I know how not to contact strangers on the internet.            ◇ I know how texting can make me feel bad and what to do.            ◇ I know what sexting is and how to avoid this.            ◇ I know how not to waste time with media.</p>
Drugs	<p>S: Know your own meds, and how to use them            B: Know what serious problems can happen with many drugs, like tobacco, alcohol, and marijuana, methamphetamine, cocaine, heroine, MDMA, and others  <b>"Using" can affect your life!</b>            How do you score: (None are good-2 or more- very serious risk)            Car -Ever driven, been in car with "high" driver            Relax-Ever use to relax?            Alone-Ever use when alone?            Forget-Ever forget things after using?            Friends- Does anyone suggest you should cut back?            Trouble- Ever been in trouble (legal or with school or job?)</p>	<p>◇ I know my medical condition, and how to treat it, order my meds, and when to call if there is a problem.            ◇ I always have a plan to get out of an unplanned bad situation that may involve drugs, or violence or other illegal activities            ◇ If I use, I know I have an increased chance for addiction and have a plan to pay for rehab.</p>
Depression	<p>Everyone feels "down" sometimes.            Depression has many causes. Sometimes we can do things to help the feelings, like eat healthy food, get enough sleep, and exercise. Sometimes we have to just recognize we have the "down" feeling, then try to go on. If it gets too strong, we need to ask for help.            Answer these questions PHQ2- Ask Dr. Greta!!</p>	<p>◇ I know when I feel depressed            ◇ When I feel "down" I work on eating, sleeping and exercise.            ◇ I do things with others when I feel down.            ◇ I know who to call if the down feelings get scary.</p>
Sleep	<p>Most teens need 8-10 hours of sleep a night.            Media can cause serious problems with getting good sleep, because of the lights and the worry about text messages.            It takes about 2 hours to be ready to go to sleep, after turning off all media and most types of lights. Get YOUR MELATONIN to FLOWIN'!!            Extra noise keeps the brain from cycling normally.</p>	<p>◇ I stop media 2 hours before I lay down. (Melatonin Flowin')            ◇ I turn my media completely off or charge it in another room.            ◇ I don't have other noise on when sleeping            ◇ I don't feel tired in the day or need extra weekend sleep.</p>
Sex	<p>Sexual desires are natural and normal.            Sexual feelings and desires are hard to understand and can cause unwanted behaviors.            Diseases are common and can cause serious problems.            Pregnancy is very hard on the teen mother's body and on the body of the unborn baby.            Being good parents for the new unborn baby is a challenge for teen parents who still have a lot of things they want to do before becoming good parents.</p>	<p>◇ I know the safest way to avoid sexual diseases and pregnancy is no sexual contact, no genital secretions contact.            ◇ I know that "sex" activities are more than just intercourse.            ◇ I know that condoms won't stop sex diseases.            ◇ I know that pregnancy can happen in spite of birth control.            ◇ If I choose sex, I am ready to get treatment for diseases and/or pregnancy, and I have a plan to pay for these.            ◇ I have a plan to get out of a situation, if it becomes violent or unwanted.</p>
Safety	<p>Risk taking is normal as we explore new things.            Knowing when something could be dangerous is learned from questioning the activity, listening to others' advice, and not rushing into an action!            Vehicle safety issues (as passenger and as driver)            Sometimes we are in violent settings. If this happens, sometimes asking for help is the best thing</p>	<p>◇ I follow traffic laws.            ◇ I don't text or talk on the phone while driving.            ◇ I don't drive late at night.            ◇ I don't drive while tired or distracted.            ◇ I wear a seat belt every ride.            ◇ I know how to not be a bully and what to do if I am bullied.            ◇ I know what to do if I am in a potential violent situation.</p>

# 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

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## 13- The Teen Years AHEAD!!

### MORE INFO IN DEPTH.....

**The 13 Year Visit!!** The Adolescent Express? Fueled by Hormones, & monitored by the Grumpiness Factor, this train could result in Esteem Issues and Risky Behaviors! But you will make the difference!

#### **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 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, like with 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 teen's behavior. For example, poor diet, or lack of sleep may make your 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 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 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, exercise) 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 Teen-Aged Brain!!!!**

#### **The Brain and Mood Control**

The Teen-Aged Brain is very susceptible to Moods. Those Hormones are making the Emotion Centers, just go wild, and the Thinking Part of the brain, doesn't have time to catch up, at least not for a few years. Some studies show that the Thinking Part of the brain doesn't mature until after 25 years! No wonder there is so much uncontrolled emotion and behavior in the world!!!

**Need:** To eventually have the Thinking Part of the brain get in control of the Emotional Center. Unfortunately, most teens don't realize this as a need, until sometimes age 25!

**Teen Tendency:** Total unpredictability – when it comes to any given experience! Perhaps one day the teacher will smile, and it means, "He likes me and thinks I did well", but the next day, the teacher will smile, and it means, "He's making fun of me. I know he REALLY hates me!!" Depending on the day, phase of the Moon and ten million other factors that neither you nor your teen understand or know about, your teen will jump from one mood to another. This is almost as upsetting for the teen (who doesn't understand it either) as it is to you, the parent!

**Result: Grumpiness Factor**, at least 7, mainly from a sense of uncertainty: most teens don't enjoy having their emotions all over the place.

**Esteem Issues & Risky Behaviors** can skyrocket out of control, putting the teen at extreme risk for dangerous behaviors, that can be life-threatening.

**What to do?** Keep your wits about you and DON'T give in to the emotional tirade yourself. How are your stress management techniques?

Be sure your teen is eating as best as possible and is getting enough sleep and exercise, as these have a HUGE affect on mood.

Be a good role model for dealing positively with extreme emotions.

Realize that your teen may need more supervision now than in the last year or two, due to impulsive safety issues, and change your schedule to allow this.

Be consistent with rules and with habits. Teens do better with habits, even though, they may throw fits about it keeping routines, on occasion.

If you have concerns that the moods are affecting school work, or the child is at risk for depression or suicide, or other destructive behaviors, let me know right away.

# Health is a Journey!!

What to expect at 13 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

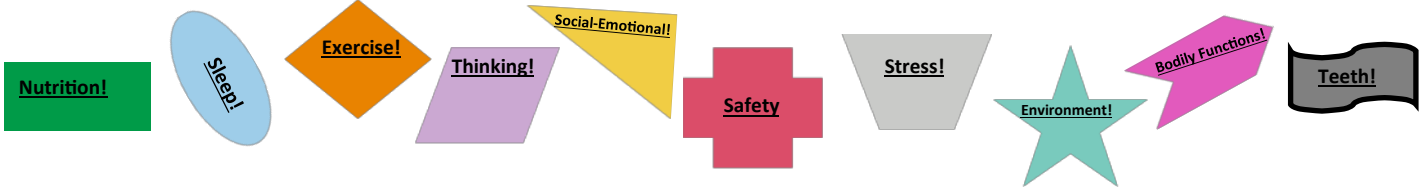


**GIVING:** Giving your time and talents to make things better



**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 stomach-aches— 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
15	16	17	18	19	20	21
22	23	24	25	26	27	28