

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

**14 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!!**

<b>Home</b>	<p>S: Help at home with chores (laundry, cooking, housekeeping)</p> <p>G: Help family members with their activities and support their interests</p> <p>B: Share time, like eat meals together, go to events together</p> <p>I: Volunteer to help (taking responsibility for something like the laundry!)</p>	<p>◇ I do my Laundry.</p> <p>◇ I can cook healthy meals.</p> <p>◇ I go to bed on time, get up easily, am not grumpy.</p> <p>◇ I smile and laugh with my family everyday.</p> <p>◇ I do something to help my family every day</p>
<b>Education</b>	<p>S: Learn many different things</p> <p>G: Share knowledge with others</p>	<p>◇ I work to learn things, even if I don't like something.</p> <p>◇ I work extra hard on things that are harder for me.</p> <p>◇ I volunteer to learn something new or do things for others.</p>
<b>Employment</b>	<p>B: Be in other interest groups (sports, clubs)</p> <p>I: Volunteer to learn extra or do extra things</p>	
<b>Eat</b>	<p>Eat Breakfast</p> <p>Eat 5 veggies, 3 calciums, 2 proteins</p> <p>Drink at least 8 glasses of water a day</p> <p>Limit the pop and sweets</p>	<p>◇ I eat breakfast with protein, even if I don't feel like it.</p> <p>◇ I think about my eating (and don't just "snarf" mindlessly).</p> <p>◇ I stop eating while I'm a little hungry.</p> <p>◇ I don't eat "empty calories" (sugar drinks, sweets, breads, pastas).</p>
<b>Exercise</b>	<p>5- 7 times a week</p> <p>Consider aerobic, strengthening, stretching</p>	<p>◇ I have a planned exercise plan (sports, other).</p> <p>◇ I take extra exercise opportunities, like taking stairs instead of the elevator.</p> <p>◇ I do extra things like house cleaning.</p> <p>◇ I exercise during commercials.</p>
<b>Activity</b>	<p>I: Time Management: How do you spend time and are you content with what you are getting done? Who you spend time with?</p> <p>S: Make Media healthy choices: use media for education and to help others</p> <p>B: Plan healthy activities with others</p> <p>G: Share activities with others</p>	<p>◇ I know how I use time. I plan what I want to get done.</p> <p>◇ I know how not to contact strangers on the internet.</p> <p>◇ I know how texting can make me feel bad and what to do.</p> <p>◇ I know what sexting is and how to avoid this.</p> <p>◇ I know how not to waste time with media.</p>
<b>Drugs</b>	<p>S: Know your own meds, and how to use them</p> <p>B: Know what serious problems can happen with many drugs, like tobacco, alcohol, and marijuana, methamphetamine, cocaine, heroine, MDMA, and others</p> <p><b>"Using" can affect your life!</b></p> <p><b>How do you score: (None are good-2 or more- very serious risk)</b></p> <p><b>Car</b> -Ever driven, been in car with "high" driver</p> <p><b>Relax</b>-Ever use to relax?</p> <p><b>Alone</b>-Ever use when alone?</p> <p><b>Forget</b>-Ever forget things after using?</p> <p><b>Friends</b>- Does anyone suggest you should cut back?</p> <p><b>Trouble</b>- 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.</p> <p>◇ I always have a plan to get out of an unplanned bad situation that may involve drugs, or violence or other illegal activities</p> <p>◇ If I use, I know I have an increased chance for addiction and have a plan to pay for rehab.</p>
<b>Depression</b>	<p>Everyone feels "down" sometimes.</p> <p>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.</p> <p>Answer these questions PHQ2- Ask Dr. Greta!!</p>	<p>◇ I know when I feel depressed</p> <p>◇ When I feel "down" I work on eating, sleeping and exercise.</p> <p>◇ I do things with others when I feel down.</p> <p>◇ I know who to call if the down feelings get scary.</p>
<b>Sleep</b>	<p>Most teens need 8-10 hours of sleep a night.</p> <p>Media can cause serious problems with getting good sleep, because of the lights and the worry about text messages.</p> <p>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 !!</p> <p>Extra noise keeps the brain from cycling normally.</p>	<p>◇ I stop media 2 hours before I lay down. (Melatonin Flowin'!)</p> <p>◇ I turn my media completely off or charge it in another room.</p> <p>◇ I don't have other noise on when sleeping</p> <p>◇ I don't feel tired in the day or need extra weekend sleep.</p>
<b>Sex</b>	<p>Sexual desires are natural and normal.</p> <p>Sexual feelings and desires are hard to understand and can cause unwanted behaviors.</p> <p>Diseases are common and can cause serious problems.</p> <p>Pregnancy is very hard on the teen mother's body and on the body of the unborn baby.</p> <p>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.</p> <p>◇ I know that "sex" activities are more than just intercourse.</p> <p>◇ I know that condoms won't stop sex diseases.</p> <p>◇ I know that pregnancy can happen in spite of birth control.</p> <p>◇ If I choose sex, I am ready to get treatment for diseases and/or pregnancy, and I have a plan to pay for these.</p> <p>◇ I have a plan to get out of a situation, if it becomes violent or unwanted.</p>
<b>Safety</b>	<p>Risk taking is normal as we explore new things.</p> <p>Knowing when something could be dangerous is learned from questioning the activity, listening to others' advice, and not rushing into an action!</p> <p>Vehicle safety issues (as passenger and as driver)</p> <p>Sometimes we are in violent settings. If this happens, sometimes asking for help is the best thing</p>	<p>◇ I follow traffic laws.</p> <p>◇ I don't text or talk on the phone while driving.</p> <p>◇ I don't drive late at night.</p> <p>◇ I don't drive while tired or distracted.</p> <p>◇ I wear a seat belt every ride.</p> <p>◇ I know how to not be a bully and what to do if I am bullied.</p> <p>◇ I know what to do if I am in a potential violent situation.</p>

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



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

Gene, Dr. Greta's Advisor

**14 Years ... but WHO'S Counting? (Your Teen is!!!)**

## MORE INFO IN DEPTH.....

**The 14 Year Visit!!** You and your teen are on the roller coaster, the Adolescent Express!! That wild ride fueled by Hormones, and the Grumpiness Factor, ending in Esteem Issues & Risky Behaviors

### **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! Parents can become experts in recognizing the various Grumpiness Factors in their own teens!

**Relationships** = How people relate to each other. The purpose of relationships in general, and sex in particular, is survival of the Human species. Without social networking, we can't survive as a group, and without sex, we can't have more little humans to social network, to have more sex, to network, etc. And when you look around, there's an awful lot of networking going on, sometimes in your teen's life!

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

**The Brain and Relationships,  
including Sex**

There are several types of friendships

teens work on simultaneously: the same-sex friendships and the romantic or could-lead-to-romance friendships. The desire to make more babies is almost as strong as the drive to eat and sleep, and at times, in teens may be stronger! Unfortunately, with that drive is not a built-in understanding of any of the dangers. Mother Nature has given our teens the intense desire to mate, and conveniently turned off the "common sense switch", and disengaged the "reasoning ability drive"!

**Teen Need:** Teens, as do all humans, need to be loved and accepted. However because of our inability to understand our own emotions, and our even worse inability to communicate this to others, we all walk around misunderstanding everything, and making life harder for ourselves and others. Part of what teens need is a loving, consistent environment to try out a lot of these behaviors, and hopefully discard the ones that are harmful, and keep the ones that will lead to strong relationships. Teens need a lot of practice, but more, they need a trusting adult to rely on for solid, mature information.

**Teen Tendency:** However, due to the influence of Hormones, all Teen Amy knows, is that she HAS to talk to Suzie, or she will just DIE... and if she goes NOW, she might accidentally run into Mat, who really wants to ask her to go to the dance, but he doesn't know it yet, so she (Suzie) needs to be sure she gets there early enough to tell Johnny so he can be sure to have Matt sitting at the RIGHT table .. Well, you get the idea.

Mother Nature is !@#%^^& sneaky!!

**Result: Grumpiness Factor**, at least 10+, with temper tantrums galore!

**Physical Problems**, related to the risky behaviors of sex, such as STD's, cervical cancer, and of course the stress-related

problems mentioned in earlier discussions.

**Social Problem**, if teens don't learn what a stable relationship is, they will jump back and forth between various relationships, and of course be making more babies, who may not be in stable environments.

### What to do?

Keep working on communication, (between temper fits!!) and expect it to be HARD!!

Be a good role model for all behaviors.

Be around and available for your teen; if you are focusing on your teen, you will have a better idea of what to say and do. Hopefully, you can think quickly ahead to where an idea or action might lead, and offer another alternative.

# Health is a Journey!!

What to expect at 14 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!**



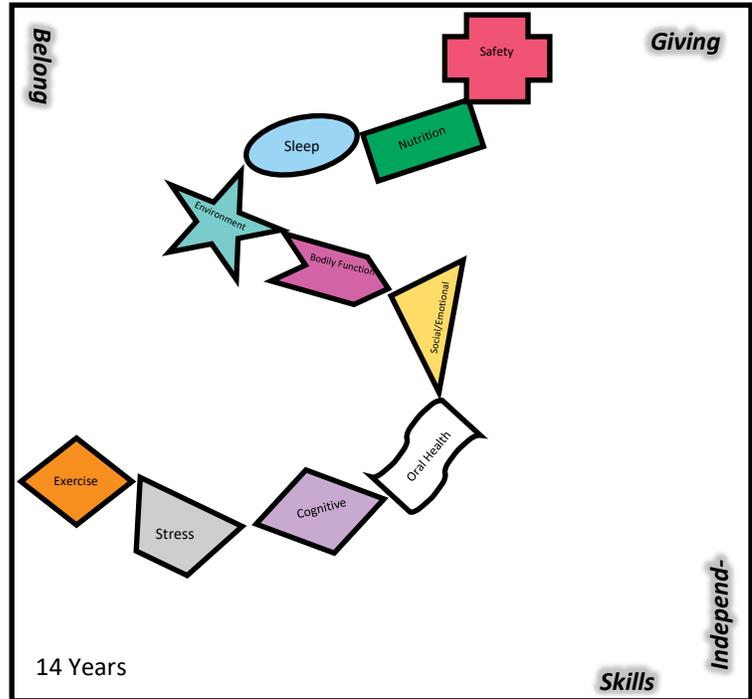
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

# Health is a Journey!!

What to expect between 14 Years and 15 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*