

# Health is a Journey!!

What to expect between 11 Years to 12 Years!

## HEADSS UP! WOW!!

**H— Home— How are things?**

**E— Education— How is school?**

**A— Activities— Free Time? Who with? Extra-curricular activities?**

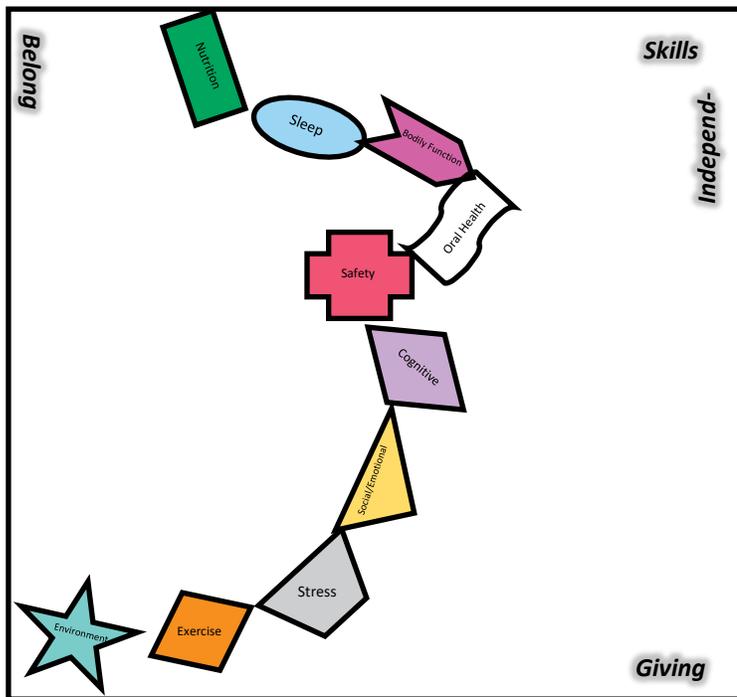
**D— Drugs— What do you know about them? Friends who use?**

**S— Sex— Your body is changing!!**

**S— Suicided-Moods are rough sometimes— Ever feel really down?**

**S— Safety— Those seat belts, helmets, but how about bullying?**

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:

### Short Term goals: see above!

### Long term goals:

**Independence**— What can you do by yourself now? What are you working on doing?.

**Belonging**— You may start feeling differently about your friends— this is normal, but to have friends, you need to be a friend!

**Giving**— kids who give to others are more healthy! Giving thanks daily is a start!!

**Skills**— The more things you learn about and learn to do, the better you will be!!



*Give that kid a hug!*

*Gene...and Dr. Greta*

## 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

# Health is a Journey!!

What to expect at 11 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 **GPS** (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!**



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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

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## The 11 Year Visit!! And monitored by.... The Grumpiness

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

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

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

**Regression** = a process that humans go through when stressed. We revert back to previous behaviors in a stage we were very comfortable with, prior to the new stress. Puberty is a stressful time, so often the behaviors of our teens are in part due to Regression. Pre-teen and teen moods, are like Kansas weather: just wait 5 minutes, and it'll probably change! This is why one minute your pre-teen may be throwing a royal temper tantrum, and 5 minutes later have a rational discussion about planning the family vacation! The trick is to help the pre-teen through this, without losing your cool, or sanity, or both!

**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!

**Stress Management**, first for Parents, then can be taught to Pre-Teens = learning to recognize and control your emotions. There are some interesting approaches available. Just Ask!

#### **All Aboard for the Adolescent Express!!**

**Through the Pre-Teen-Aged Brain!!!!**

#### **Part 1: The Brain and Nutrition**

**Need:** 5 vegetables/fruits, 3 milks, 2 proteins daily

**Pre-Teen and Teen Tendency:** Lack of Consistency for eating, both as to time of meals and content, with royal fits possibly being thrown over both.

**Result:** **Grumpiness Factor**, at least of 2, due to Brain Drain, due to poor balance of food groups and nutrients, not enough good calories throughout the day, and not enough water.

**Risk of Overweight**, if the "pigging out" is too extensive, after not eating all day

**Risk of Eating Disorder**, if questions about this, please ask.

**Other conditions result**, if the nutrition is too off-balance.

**Fluid Alert!!!!** Drinking enough fluids is VERY important in this age, especially in the Spring and Summer, as kids don't seem to have a good thirst

mechanism and can get slightly dehydrated easily, which can cause fainting. And, with dehydration, there can be a Grumpiness Factor of at least 3!

**What to do?** Continue to offer good healthy, balanced meals, as your habit has been.

Make meals and family time fun.

Send water bottles on trips, and not pop. Have rules set for when the pre-teen can go out with friends and what the purpose for the outing is.

#### **Part 2: The Teen-Aged Brain and Exercise**

**Need:** 1.)Mood Management: It has been shown that exercise makes all people less grumpy and depressed.

2.)Bone Development: Autopsy results of teens show that many (thought to be healthy teens) had the beginnings of heart disease in their blood vessels. This means we need to do a better job of watching blood pressure, and getting exercise (especially if there is a family history for heart disease!)

**Pre-Teen and Teen Tendency:** If exercise isn't built into the daily schedule, (or has become a Habit!!!!), the pre-teen will most likely, not find time for exercise. Because the Teen Biological Clock (for unknown reasons) is automatically and magically reset, your pre-teen may want (demand) to stay up later and get up late, thus IS quite frequently late and stressed, and of course there isn't TIME to exercise. Add into this the increased NEED for being with friends, and there is even LESS time, possibly for even being with family!

**Result:** **Grumpiness Factor**, at least of 3, and this can lead to tendency for depression.

**Risk of Overweight**, since eating and exercise seem to go well in hand

**Other conditions result**, such as heart disease, and diabetes.

**What to do?** Build on any habits you already have for exercise, maybe together, such as walking the dog, or doing an exercise video together, or going to a gym

Watch for new patterns of sleeping late, which may change your pre-teen's Biological Clock in a bad way, and try to find creative ways to not let this happen

Build exercise into daily life, like parking a distance away, to allow walking, or everyone taking the stairs rather than an elevator or escalator at the mall.

**Remember that your pre-teen may have been independent in the past, but now due to regression, needs more of your time and attention. If you can**

**give this attention now, it may save you extra grief in the future, and make everyone's lives richer!**

**Other Possible Topics You might Want to Discuss – Just Ask!!!!**

#### **Injury Prevention**

Violence Recognition and Prevention

Risky Behaviors –Tobacco, Alcohol, Drugs, Sex, Riding with other kids in dangerous settings

Vehicle Safety: Seat Belt Use... every time?

Smoke –free environment

Smoke and Carbon Monoxide Alarms in the House

Water Safety: Does your pre-teen swim well enough to save his/her life?

Sun Safety: Avoid Burns by: use of sunscreen and protective clothing

Drink Plenty of Water (NOT pop)

Gun Safety: At your house, relatives' houses or friends' houses: Are guns easily available and/or loaded? Is your pre-teen or anyone he/she is around depressed or suicidal?

Bike/Skating Safety: Wearing protective gear...every time? Safe location for riding?

#### **Checklist**

Immunizations

Check cholesterol, hemoglobin for anemia, urinalysis, if needed

Eye and Dental Visits at least yearly

School Performance (talk to the teachers often, at least monthly!)

Reassess the home environment for nurturing and building self-esteem and possible violence

New family history for heart disease, diabetes or other hereditary illness

**Give that Kid a Hug!!!**