



Resources for Children's Good Health

Bright Futures for FAMILIES

Transitions- Growing Up and Away

Besides starting out a new school year, for many families this will be a time to get ready to launch a son or daughter into the next phase of life after high school. Think with your teen what they want to accomplish. The excitement and uncertainty your child may be feeling about these next steps may be mirrored in your own feelings of pride, concern (and maybe even relief). Growth and change affect everyone!



Listen to your son or daughter's hopes and ambitions. Whether or not these seem practical or desirable to you, listen for clues to your child's dreams. Some are possible; some are exploration, trying out ideas.

Help your teen consider next possibilities - additional training, college, work, military, travel – and available resources. Does your teen's high school offer good information and guidance - counselors, libraries, the web. . .? Take your cues from your child and consider what you can contribute to exploring and supporting ideas. Help think about formal and informal resources, and perhaps especially, personal contacts. Are there other adults or mentors in your child's life who can advise? (Sometimes another adult can say things a parent can't.) Also, remind teens they'll need to come up with a response to that perennially trying question – "So, what are you going to do with your life?"



Learn how your teen hopes to achieve these next steps. Don't take over but ask questions and show your interest. Help teens think about their strengths and how to convey these to people who don't know them well (without sounding egotistical). Think also with teens about back-up plans and other options – sometimes life throws a curve ball. Help teens think about how to judge and handle setbacks as well as opportunities.



Consider best ways to manage problems or special needs your child may have. What strategies have worked that could be applied to new situations? Ensure your child has as much say as possible over future plans. If your son or daughter will be "aging out" of some services or programs what new resources might be available? See the Healthy and Ready to Work website for information and strategies – <http://www.hrtw.org>

Discuss with your teen how they will manage new and changing relationships with family and friends. Ask what your teen's peers and specially close friends are planning. How will they keep in touch, especially if they're going in different directions? Talk over any concerns about making new friends – discuss possible strategies. While teens are establishing their own identities and separating some from family, help them think through new relationships with you and ways to maintain contact. Remind your teen that you'll want to celebrate successes and be there for problems or difficulties – that's what families are for.



Besides the big dreams of life, ensure that your son or daughter has some of the practicalities down, especially if they'll be moving out of the house – doing laundry, budgeting, handling credit cards and bills, healthy food shopping and



preparation (something in addition to the microwave!), managing time and new freedom. Summer jobs, after school work (in reasonable amounts), volunteering – all of these can offer real-world experience and a beginning taste of independence and responsibility. By this time your son or daughter is likely taking a large role in decision-making and managing the day to day details of life – making appointments, handling homework and school decisions, managing relationships. Mistakes and misjudgments will happen, but it's wonderful to have a chance to learn from them while still in a supportive home environment.



Consider ways to move into a more adult relationship with your son or daughter - assuming new roles and tasks or easing up on family rules, for example. This is especially important if your teen will continue living at home, as many do these days. When there is not a clear marker of change such as moving out, think about what would be appropriate symbols of growth and responsibility - more privacy, dropping curfews, or even paying rent!

Ensure your teen's health care is updated; learn about and plan for health care transitions; and check health insurance coverage. For many at this stage, health insurance becomes problematic. Encourage your son or daughter to be current with all health care, dental check-ups and immunizations. Learn whether your teen will still be covered on your policies or the best options to ensure continuous coverage. This may also be a good time to plan a transition from pediatric to adult caregivers. Encourage healthy living: physical exercise, responsible sexual behavior, avoidance of alcohol, drugs, and tobacco – reinforce all those important messages from earlier years. And then, understanding that some experimentation is natural, trust your teen to manage with minimal oversight from you.



Help your teen develop healthy approaches to managing the mental health of daily life – handling stress, strategies to consider when disagreements occur or disappointment looms. As your teen gets ready for the next steps in life feelings of excitement and exhilaration may compete with those of fear of failure or worry over how they'll make friends and manage daily life. Listen to and acknowledge your teens' feelings – you may even want to initiate discussion. Offer other perspectives when your teen seems excessively negative or self-blaming. Let your teen take the lead in resolving personal problems. Ensure your teen has a grounding in the importance of emotional as well as physical health, knows that ups and downs are part of life, and is comfortable turning to you – or someone – for help and support.

Love, support and encourage your child – at this and all stages of life. Let your son or daughter know you'll be there – emotionally if not always in person. Let them know what they can rely on you for (although don't let this get in the way of teens developing their own strengths and strategies). Don't feel this year is your last chance. You've probably spent 18 or more years imparting values and good habits. Trust your self and your efforts. Finally, find support for yourself as a parent as you navigate new roles with your "becoming-adult children" and your emptying nest.



To see, order, or download Family Voices Bright Futures materials go to:
www.brightfuturesforfamilies.org



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American Academy
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GIRLS AGES 14-18

The following are guidelines for a 14 to 18 year old girl. For more specific nutrition information, talk with your physician, registered dietitian or nutritionist. A child's calorie needs vary depending on their activity level and their appetite.



DAIRY

Amount per day:
3 SERVINGS

1 serving looks like:

1 cup low fat
or fat-free milk

¾ cup low fat or
non-dairy yogurt

1 cup calcium
fortified non-dairy
beverage

1½ oz natural
cheese or non-
dairy cheese



GRAINS

Amount per day:
7 SERVINGS

1 serving looks like:

¾ cup dry
unsweetened
cereal (with 3
grams or more of
fiber per serving)

½ cup cooked
cereal

1 slice whole
grain bread

½ of an English
muffin or "mini"
bagel

⅓ – ½ cup
cooked rice, pasta,
noodles, potato

4 – 6 whole
grain crackers



PROTEIN/ MEAT

(equivalent to 6 ounces)

1 serving looks like:

1 oz meat,
poultry, fish,
meat alternative
or 2 oz tofu

¼ cup cottage
cheese

1 egg

1-2 Tbs peanut
butter

¼ cooked beans

¼ cup nuts or
1½ Tbs seeds



FRUIT

Amount per day:
4 SERVINGS

1 serving looks like:

1 small piece
fresh fruit

¼ cup dried fruit

½ cup canned
fruit packed in
water or juice,
or 1 fruit cup

½ cup of
100% juice

1 cup of berries



VEGETABLES

Amount per day:
6 SERVINGS

1 serving looks like:

½ cup cooked
or chopped raw
vegetables

1 cup raw or
leafy vegetables



FATS

Amount per day:
6 SERVINGS

1 serving looks like:

1 tsp oil,
mayonnaise,
margarine
or butter
(trans fat free)

2 tsp salad dressing

⅓ avocado

SAMPLE VEGETARIAN MEAL PLANS

GIRLS AGES 14-18

These meal plans are designed as a guide for you in planning well-balanced meals. Well-balanced, nutritious meals include complex carbohydrates, lean or plant based protein, fruits, vegetables & healthy fats. Children this age should have two to three snacks between meals. See snack sheet for suggestions.

BREAKFAST	LUNCH	DINNER
1 whole grain English muffin (hockey puck size) 1 Tbs peanut butter 1 cup melon 1 cup milk	1 cup black bean and mushroom chili ¼ cup shredded cheese 1 small piece of fresh fruit 6 whole grain crackers Water	1 veggie burger Baked sweet potato fries 1 cup steamed green beans 1 tsp margarine ½ cup chocolate pudding Water
1 cup dry cereal ½ medium banana 1 Tbs walnuts 1 cup milk	Veggie wrap; spread a whole wheat tortilla with 2 Tbs salsa and 2 slices avocado then add ¼ cup cheese and 1 cup seasoned vegetarian crumbles then roll 1 cup raw vegetables with ranch dressing Water	2 Marsala tofu cutlets 1 corn on the cob with 1 tsp margarine 1 cup steamed broccoli 1 cup milk ½ cup lemon sorbet
1 cup oatmeal sprinkled with 1 Tbs sliced almonds ¾ cup plain yogurt with 1 cup berries	Spinach and red pepper calzone 1 nectarine 4 Hershey kisses Water	1½ cups vegetarian macaroni and cheese 6 grilled asparagus spears 1 cup strawberries Water
2 pancakes (size of a CD) 2 vegetarian sausage links 1 cup blueberries 1 cup milk	Mini-pizza; 1 whole wheat English muffin, 4 Tbs pizza sauce, 6 slices veggie pepperoni, ¼ cup shredded cheese 1 orange 1 cup sliced red & yellow peppers, veggie dip Water	Grilled portabella fajita; grilled peppers and onions, 1 grilled portabella mushroom, 2 slices avocado, 1 Tbs sour cream, 2 tsp salsa, ¼ cup shredded cheese, 1 whole wheat tortilla 2 kiwi fruits ½ cup vanilla ice cream Water
1 egg or tofu scrambled with diced vegetables stuffed into ½ of a whole wheat pita bread 1 cup milk	Southwest salad; combine ½ cup drained, canned black beans with ½ cup drained, canned corn, 3 Tbs salsa and ¼ cup shredded cheese, lettuce and diced tomatoes 1 oz whole grain baked tortilla chips 2 small chocolate chip cookies Water	1½ cups spaghetti with sauce 4 small veggie meatballs 1 cup steamed broccoli and carrots Yogurt parfait (1 cup yogurt and 1 cup berries) Water



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¾ cup dry
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cereal (with 3
grams or more of
fiber per serving)

½ cup cooked
cereal

1 slice whole
grain bread

½ of an English
muffin or "mini"
bagel

⅓ – ½ cup
cooked rice, pasta,
noodles, potato

4 – 6 whole
grain crackers



PROTEIN/ MEAT

(equivalent to 6 ounces)

1 serving looks like:

1 oz meat,
poultry, fish,
meat alternative
or 2 oz tofu

¼ cup cottage
cheese

1 egg

1-2 Tbs peanut
butter

¼ cooked beans

¼ cup nuts or
1½ Tbs seeds



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fruit packed in
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or 1 fruit cup

½ cup of
100% juice

1 cup of berries



VEGETABLES

Amount per day:
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1 serving looks like:

½ cup cooked
or chopped raw
vegetables

1 cup raw and
leafy vegetables



FATS

Amount per day:
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1 serving looks like:

1 tsp oil,
mayonnaise,
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2 tsp salad dressing

⅛ avocado

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BREAKFAST	LUNCH	DINNER
1 whole grain English muffin (hockey puck size) 1 Tbs peanut butter 1 cup melon 1 cup milk	1 cup chili with lean meat and beans ¼ cup shredded cheese 1 small piece of fresh fruit 6 whole grain crackers Water	3 oz grilled fish or veggie burger 1 cup roasted red potatoes 1 cup steamed green beans 1 tsp margarine ½ cup chocolate pudding Water
1 cup dry cereal ½ medium banana 1 cup milk	Chicken wrap; spread a whole wheat tortilla with 2 Tbs salsa and 2 slices avocado then add 1/4 cup shredded cheese and 1 cup shredded chicken breast then roll 1 cup raw vegetables with ranch dressing Water	2 chicken drumsticks Baked sweet potato fries 1 corn on the cob with 1 tsp margarine 1 cup milk 1 cup raspberries
1 cup oatmeal 2 sliced apricots 1 Tbs sliced almonds 1 cup milk	1 cup reduced sodium tomato soup Turkey sandwich; 2 slices whole grain bread, 2 oz turkey, lettuce and tomato 1 small pear Water	1½ cups macaroni and cheese made with fat free milk and 1 Tbs butter or margarine 6 grilled asparagus spears 1 cup strawberries Water
2 pancakes (size of a CD) 2 turkey sausage links 1 cup blueberries 1 cup milk	Mini-pizza; 1 whole wheat English muffin, 4 Tbs pizza sauce, 6 slices turkey pepperoni, 1/4 cup shredded cheese 1 orange 1 cup sliced red & yellow peppers, veggie dip Water	Chicken fajita: grilled peppers and onions, 3 oz chicken, 1 Tbs sour cream, 2 Tbs salsa, ¼ cup shredded cheese and 1 whole wheat tortilla 2 kiwi fruits ½ cup vanilla ice cream Water
1 slice whole wheat toast 1 Tbs peanut butter 4 oz plain yogurt 1 cup berries	Stuff ½ whole wheat pita bread with ½ cup tuna salad made with mayonnaise, lettuce, and tomato 1 cup sliced English cucumbers 1 small apple, sliced Water	2 slices of a small cheese and vegetable pizza 2 cups salad greens with 2 Tbs salad dressing ¼ cup dried cherries Water

Physical Activity: Creating a FITT Plan

Physical activity is important for everyone in the family. Here is information from the American Academy of Pediatrics summarizing the FITT method and includes general fitness tips and an activity log.

FITT Method

FITT (frequency, intensity, time, and type) is one way to remember the general guidelines for what should be included in a fitness plan. Remember, it's important to keep in mind that each family member's fitness goals will be different based on age, sex, current fitness level, and available resources. Talk with your doctor if you have any questions.

Frequency—Do some type of physical activity every day.

Intensity—Choose an activity that is at least moderate in intensity, and also try to add a few more vigorous activities over the week. Vigorous activity is activity that makes you breathe hard and sweat. (Reaching a certain heart rate is not necessary.)

Examples of Moderate Activity	Examples of Vigorous Activity
Slow walking (3.5 mph)	Fast walking (4.5 mph)
Slow bike riding (<10 mph)	Fast bike riding (>10 mph)
Dancing	Jogging or running
Weight lifting—light workout	Aerobics
Stretching	Competitive sports: basketball, football, soccer

Time (duration)—Plan on a total time of at least 60 minutes of activity each day. This can be done all at once or added together over several shorter 10- to 15-minute blocks of activity. Breaking it up into smaller

blocks of time is a great way to start a new program or fit activity into a busy schedule.

Type—The type of activity can include a variety of team sports, individual sports, recreational activities, family activities, active hobbies, and walking or bicycling for fun and transportation. Several times every week do weight-bearing activities that promote muscle strength, flexibility, and bone health. The most important thing is to choose something fun!

Tips for Parents

Make time to be active. School-aged youth should participate every day in 60 minutes or more of moderate to vigorous physical activity that is right for their age, enjoyable, and involves a variety of activities.

Limit sedentary activities. These are activities where you're sitting down a lot, like watching TV, using a cell phone or computer, or playing video games. Visit HealthyChildren.org/MediaUsePlan for tips on how to balance your time.

Keep an activity log. The use of activity logs can help children and teens keep track of their exercise programs and physical activity.

Focus on the positive. Praising participation over winning and encouraging positive behaviors are important, especially if a child is less active and not as interested in sports.

Be a role model. Parents are powerful role models and can help shape a child's perception of exercise.

Keep an activity log. Children and teens can be motivated to exercise more when they keep an activity log. Logs can also be used by parents and health care professionals to make recommendations for changes or to offer incentives to encourage their children to be physically active.

Activity Log

Type of Activity	Sunday Minutes	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Saturday Minutes
Total Time							

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