



Information for You from Your Health Care Team

Developmental Milestones/Activities/Issues Adolescence (11-18 years)

Milestones:

- Likes privacy
- Peers are important
- Enjoys school/sports
- After school job

Nutrition:

- Four servings each day of fruits and vegetables, bread and cereals, dairy products and two servings of meat. Serve nutritious snacks.

Activities:

- Allow peer interactions
- Encourage sports and/or hobbies
- Encourage responsibility, ex. Job, chores

Issues Related to Hospitalization:

At this age, children want to be independent from their parents. Being in the hospital often requires them to depend on others and follow orders from others. They are concerned with their social life, body image, and self-worth. Their fears include feeling pain and how the hospital experience will affect their body. Privacy is extremely important at this age along with having contact with their friends. Try to maintain contact with their friends through regular visits.