

Growth & Development

Teen

Adolescence can be a rough time for parents. At times, your teen may be a source of frustration and exasperation, not to mention financial stress. But these years also bring many, many moments of joy, pride, laughter and closeness.

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1) HOW TEENS CAN STAY FIT

What can I do to get more fit?

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving!

Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. Keep the following tips in mind:

- **Stay positive and have fun.** A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.
- **Take it one step at a time.** Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.
- **Get your heart pumping.** Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.
- **Don't forget to warm up** with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.
- Your goal should be to **do some type of exercise every day.** It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time. Do the activity as often as possible, but don't exercise to the point of pain.

2) A HEALTHY LIFESTYLE

In addition to exercise, making just a few other changes in your life can help keep you healthy, such as

- Watch less TV or spend less time playing computer or video games. (Use this time to exercise instead!) Or exercise while watching TV (for example, sit on the floor and do sit-ups and stretches; use hand weights; or use a stationary bike, treadmill, or stair climber).

- Eat 3 healthy meals a day, including at least 4 servings of fruits, 5 servings of vegetables, and 4 servings of dairy products.
- Make sure you drink plenty of fluids before, during, and after any exercise (water is best but flavored sports drinks can be used if they do not contain a lot of sugar). This will help replace what you lose when you sweat.
- Stop drinking or drink fewer regular soft drinks.
- Eat less junk food and fast food. (They're often full of fat, cholesterol, salt, and sugar.)
- Get 9 to 10 hours of sleep every night.
- Don't smoke cigarettes, drink alcohol, or do drugs

3) A TEENAGER'S NUTRITIONAL NEEDS



Calories

A surge in appetite around the age of ten in girls and twelve in boys foreshadows the **growth spurt of puberty**. How much of a surge? Let's just say that Mom and Dad might want to oil the hinges on the refrigerator door and start stockpiling a small cache of their own favorite snacks underneath the bed.

Calories are the measurement used to express the energy delivered by food. The body demands more calories during early adolescence than at any other time of life.

- Boys require an average of 2,800 calories per day.
- Girls require an average of 2,200 calories per day.

Typically, the ravenous hunger starts to wane once a child has stopped growing, though not always. Kids who are big and tall or who participate in physical activity will still need increased amounts of energy into late adolescence. During middle and late adolescence, girls eat roughly 25% fewer calories per day than boys do; consequently, they are more likely to be deficient in vitamins and minerals.

Nutrients

The nutrients *protein*, *carbohydrates*, and *fats* in food serve as the body's energy sources.

- Each gram of protein and carbohydrate supplies 4 calories, or units of energy.
- Fat contributes more than twice as much: 9 calories per gram.

Protein

Of the three nutrients, we're least concerned about **protein**. Not because it isn't important—50% of our body weight is made up of protein—but because adolescents in the United States get twice as much protein as they need.

The densest sources of protein include teenage favorites such as:

- DAL / PULSES
- Chicken
- Eggs
- Cheese

Carbohydrates

Carbohydrates, found in starches and sugars, get converted into the body's main fuel: the simple sugar glucose.

- Most nutritionists recommend that complex carbohydrates make up 50% to 60% of a teenager's caloric intake.
- Simple carbs, on the other hand, seduce us with their sweet taste and a brief burst of energy but have little else to offer and should be minimized in the diet.

Dietary Fat

Fat should make up no more than 30% of the diet. Fat supplies energy and assists the body in absorbing the **fat-soluble vitamins: A, D, E, and K**. But these benefits must be considered next to its many adverse effects on health. A teenager who indulges in a fat-heavy diet is going to put on weight, even if he's active. It would take a workout befitting an Olympic athlete to burn off excess fat calories day after day.

Dietary fat contains varying proportions of three types:

- **Monounsaturated fat** —the healthiest kind; found in olives and olive oil; peanuts, peanut oil and peanut butter; cashews; walnuts and walnut oil, and canola oil.
- **Polyunsaturated fat** —found in corn oil, safflower oil, sunflower oil, soybean oil, cottonseed oil, and sesame-seed oil.
- **Saturated fat** —is the most cholesterol laden of the three; found in meat and dairy products like butter, cheese, cream, egg yolks, coconut oil, and palm oil.

You want to limit your family's intake of saturated fat to no more than 10% of your total daily calories. The other 20% of daily calories from dietary fat should come equally from the two unsaturated kinds of fat, both of which are contained mainly in plant oils.

If your family eats a lot of packaged and processed foods: Make a habit of reading the food labels. You may be surprised to see how much fat, sugar, and **salt (sodium)**, is in the foods you eat every day. And almost all packaged goods that contain fat are likely to have partially hydrogenated fat, because it has a longer shelf life.

Vitamins and Minerals

Adolescents tend to most often fall short of their daily quotas of **calcium, iron, zinc, and vitamin D**.

Unless blood tests and a pediatrician's evaluation reveal a specific deficiency, it's preferable to obtain nutrients from food instead of from dietary supplements.

Adolescent common problems & Parenting



The common problems in adolescents from parent's perspective

1. Disobedience
2. Adamancy
3. Argumentative
4. Temper tantrums
5. Violent behavior
6. Restlessness
7. Neglecting studies
8. Watching or playing with media for long hours
9. Social media addiction
10. Pornography



Quality Care within Reach...

The teachers also may have following complaints

1. Doesn't complete home work
2. Disturbs other children
3. Truancy

There are some problems which need urgent attention of the parents

1. progressively declining scholastic performance
2. Isolation
3. Addiction
4. Rash driving
5. Criminal activities
6. Attempt to suicide
7. Frequent expressions like "I want to die"

What parents can do?

- Parents should be able to convey love in word, facial expression, body language and action.
- Healthy parenting of an adolescent includes paying attention to the child without being indulgent.
- Being involved in adolescent's life to the extent of creating an atmosphere of friendliness.
- Establishing positive communication which will help in satisfying the curiosity and difficulties in an adolescent.
- Keeping a watch on tendency to material desires and addiction.
- Parents should set examples by their behavior, which will give them value and moral education.
- Counselling at appropriate time is essential.

Academic success of adolescents is important for every parent and in spite of our reasonable efforts all do not do well in exams. there are many reasons for increased student academic failure, like undue stress of study, inadequate study skills, family difficulties, financial issues, interpersonal issues, and poor support system at home and school for the needy. But every student do not buckle under stress.

Early identification and intervention for adolescents who may be developing problems is critical because half of all lifetime mental health problems arise during adolescence.

Evidence on the reproductive health situation of young girls in India suggests that this group continues to have a wide array of unmet needs, particularly with regards to menstruation and associated problems. Hence it becomes necessary to screen the adolescents by themselves, parents or pediatrician, not only for early markers of lifestyle related diseases, but also for reproductive and mental health issues.