

RIVER FALLS,
ELLSWORTH &
SPRING VALLEY
MEDICAL CLINICS

Dear Parents,

It is important for you as a parent to be involved in your child's development in adolescence. The questions we ask you and your child to complete today will help you and your child's provider open this dialogue for both of you. The answers provided will also guide the beginning discussions with your child and provider. While you and your child have the right to have your answers remain confidential, it opens the door for further discussion when you get home.

Your child is growing and therefore may be testing all kinds of values including language, tobacco, sexual activity, alcohol or drug use. Pressure to experiment can be high and puts your child in a vulnerable situation. Your calm, simple responses to emotionally loaded questions or concerns will help diffuse problems.

Understanding the human body and teaching your child will give you the chance to become an "askable parent" so that your child feels free to ask difficult questions. They know you will listen and will help them to evaluate all of the benefits and risks of a situation or problem. Later, when they face more difficult questions concerning relationships, values, peer pressure or morals they will know you are the best source for help. You may not know all the answers, but you will be able to help them find and weigh all sides of an issue.

Your child's positive feelings about himself/herself and their relationship with you will make them less vulnerable to the pressures of their peers and the media.

We appreciate the willingness from both you and your child in completing this very important information and we look forward to being an ongoing resource for both of you.

Sincerely,

Health Care Providers at the River Falls Medical Clinic