

## 11-12 Year Well Visit

### *What your child might be doing now:*

- Show more concern about body image, looks, and clothes.
- Focus more on themselves alternating between high self - expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence from peer group.
- Express less affection toward parents and may begin to seem rude or short-tempered.
- Feel stress from more challenging school work.
  - Feel a lot of sadness or depression
- Have more ability for complex thought.
- Develop a stronger sense of right and wrong.

### *Nutrition:*

- Try to eat meals together as a family- pre-teens learn to eat a balanced diet by seeing your example.
- Continue to offer food from all food groups including choices from whole grains, low-fat dairy, lean proteins, fruits and vegetables
- Limit junk food. Try to stock the house with healthy snack foods.
- Encourage a healthy body image, emphasizing healthy eating and exercise rather than weight.

### *Parenting:*

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Limit screen time to less than 2 hrs daily
- Encourage your child to be active for at least 30-60 minutes/day.
- Make sure your child knows how you feel about alcohol and drug use.

- Talk about relationships, sex, and values.
- Use clear and consistent rules and discipline with your child.
- Your pre-teen may be becoming more independent now. Allow him to express himself, and be an “individual.”
- Be sure to talk about puberty and sex with your pre-teen, and be willing to answer questions that come up. Don’t depend on school to give your child all of the information he or she needs.
- Decide on fair rules and consequences together, and then enforce them consistently.
- Give your child reasonable chores and responsibilities.

### *Safety:*

- Always use seatbelts in the car. Children should not sit in the front seat until they are 12 or 13 years old.
- Always wear helmets on bikes, scooters, skateboards, skis and other vehicles
- Be sure to have carbon monoxide and smoke detectors in your home. Create a fire escape plan.
- Talk to your pre-teen about Internet safety. Monitor your child’s Internet usage to be sure it is age-appropriate and safe.
- Be able to discuss bullying with your child
- Know your child’s friends and their parents, where your child is, and what he is doing at all times.
- If you have guns in your home, keep them unloaded, and locked away. Keep ammunition locked away separately.
- Use sun screen of at least SPF 30 whenever you are out.

*When to call the office:*

- Call our office if your child is acting very sluggish or irritable, has trouble breathing, or has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

*Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.
- [Tdap](#)
- [Menactra](#)
- [HPV](#)

*Web Resources:*

- [Choose My Plate](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- [www.kidshealth.org](http://www.kidshealth.org)