



Information for the 11-12 Year Old Well Visit

Expected (and normal) behaviors for this age:

- Showing more interest in their peer group
- Demonstrating more concern about their body and their image
- Pulling away and showing less affection towards parents/family
- Feeling stressed with more academic challenges
- Having more ability for complex thought
- Developing stronger sense of what is right and wrong

Vaccine Needed	Vaccines given at the 11 year old well visit	Vaccines given at the 12 year old well visit
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season
Tdap	Given at 11 year old visit and then every 10 years in adulthood	
HPV	1st of 2 total doses	2nd of 2 total doses
MenACWY (Meningitis)	1st of 2 total doses	

Safety Tips and Recommendations

General Safety

- Always wear a seatbelt in the car.
- Children should not sit in the front seat until they are 12-13 years old.
- Ensure the child always wears a helmet when riding a bike/skateboard/scooter.
- Create a safe environment which encourages them to ask any and all questions they may have.
- Set limits and expectations for internet use and safety. Discuss and model appropriate use of social media.
- Discuss gun safety with your child. Teach them to never touch a gun and if a gun is found, immediately report it to a supervising adult.
- Teach your child about the dangers of alcohol and drugs.

<p>Mental Wellness</p>	<ul style="list-style-type: none"> ● Ask your child how their mood is and talk to them about feelings. ● Normalize feelings of sadness and anxiety. If you are concerned your child is too sad or anxious, make an appointment with their physician. ● Check in with your child and ask them if they have any questions or concerns about puberty. Normalize the mood swings, irritability and intense emotions they may experience as their bodies produce more adult hormones. Share your experience of puberty with your child. ● Talk about sex with your child. ● Discuss zero tolerance for bullying with your child. Encourage them to speak up for themselves or others if anyone feels unsafe with a supervising adult. ● Talk about your ethical values. ● Talk about friend dynamics and relationships.
<p>Healthy Lifestyle and Behavioral Recommendations</p>	<ul style="list-style-type: none"> ● Encourage your child to have active time for at least 30-60 minutes a day. ● Make sure they brush their teeth twice a day and see a dentist every six months. ● Have regularly scheduled meals every day. Try to have family meals when you eat with your child. Don't buy junk food. Prepare healthy fruits and vegetables as ready to go snacks to increase ease and access for your child. ● Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day. ● Give your child a set of responsibilities to help with around the house. ● Discuss and decide on fair rules and consequences together as a family. Then enforce them consistently.