

# 11-13 Year Check-Up

## EARLY ADOLESCENCE: THE AGE OF RAPID CHANGES

Name \_\_\_\_\_

Height \_\_\_\_\_

Age \_\_\_\_\_

Blood Pressure \_\_\_\_\_

Date \_\_\_\_\_

Vision \_\_\_\_\_

Weight \_\_\_\_\_ lbs.

### DIET/EXERCISE

Continue to model and encourage good eating habits. Share meals on a regular basis as a family. Eating should be only at the table and when hungry. Avoid eating in front of the TV or as a response to stress. If your child is not getting 3 to 4 servings of milk per day, speak with your pediatrician regarding other options for getting enough calcium and vitamin D for this high-growth period. Limit high-fat or low-nutrient foods and beverages, such as candy, chips, juice and soft drinks. Fast foods tend to be high in fats. Aim at 5 to 6 glasses of water a day.

Exercising for 45 minutes, five days per week is recommended. It is good for your heart and mind and is a major source of stress relief.

Routine dental visits and brushing teeth are important.

Your child will need 8 to 9 hours of sleep.

### DEVELOPMENT

- Early adolescence is marked by dramatic physical changes. In general, girls begin puberty two years earlier than boys. Your child will experience a rapid growth spurt and changes in fat distribution. Girls will undergo breast development, pubic hair growth. Boys will develop pubic hair and enlargement of the testes and penis. The onset of puberty varies greatly from child to child and he/she will need reassurance that his/her own growth and development are normal. These changes will make your child sensitive to his/her physical appearance.
- Young adolescents have a heightened need for privacy. Families should respect a limited "closed-door-policy."
- The areas of the brain that control emotion mature faster than the areas that modulate feelings. Young adolescents often display erratic, moody behavior. He may be extremely opinionated, challenging family rules, values and behaviors.
- Respect is a two way street; it is important to respect your child and appropriate to expect this in return.
- Parents need to supervise their adolescent and set appropriate limits. The TV and computer should be in the family room to discourage inappropriate use. Limit screen time including TV and computer to 1 1/2 hours a day.

- The transition to middle school may make your early adolescent anxious as he learns to become more independent. School learning demands also require your child to become more organized and efficient.
- Supporting your child's self-esteem and self-confidence is critical during this period. Remember to hug your child and tell them you love them. Children who feel good about themselves are better equipped to withstand peer pressure.
- Discuss drugs and alcohol and be very clear with your rules. Young people who experiment with drugs or alcohol at this age are at a higher risk for long-term problems.
- Talk with your child about physical development and changes associated with puberty and body cleanliness.
- Address sexuality in a way that lets your child know that they can talk to you about anything.
- Work to keep lines of communication open. This requires you to be a good listener and flexible, if it is appropriate.
- Get to know and your child 's friends and their interests. Being available and connected allows you to exert a positive influence.
- Get togethers and sleepovers need adult supervision.

### **SAFETY/ACCIDENT PREVENTION**

(Please see previous well-check prevention also.)

- Your child should always wear a seatbelt.
- Establish and enforce consistent, explicit, and firm rules for safe behavior. Your child may participate in dangerous, risk-taking behaviors as a result of peer pressure. Teach your child how to deal with peer pressure.
- Ensure that guns, if in the home, are locked up and that ammunition is stored separately. A trigger lock is an important precaution.
- Your child should always wear a helmet when using a bicycle, skateboard or rollerblades.
- Use properly fitted and maintained safety equipment for contact sports.
- Discuss safety rules for the home, including those about visitors, use of the telephone, and what to do in case of fire or other emergencies.
- Have a frank discussion about computer safety, including the subject of predators looking for children this age and the importance of not sharing personal information. Be aware of sites your child is visiting. Parental blocking programs can be used to make the computer safer.
- Use sun block consistently and remember to check for ticks after leaving wooded areas.

Next health care visit is when your child is \_\_\_\_\_ years old.

**IMMUNIZATIONS**

DtaP Given/Not given

Menactra Given/Not given

Varicella Given/Not given

HPV Given/Not given

Other : \_\_\_\_\_

**LAB**

Cholesterol Done/Not done

Hemoglobin Done/Not done

**COMMENTS**

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