

11-14 Years

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

BMI: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____

Vitamins: _____ Milk: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Cholesterol Check: _____

School:

- Check in with your child's teacher about his/her grades on tests and attend back-to-school events and parent-teacher conferences if possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing time, if he/she needs it.
- Encourage reading.
- Help your child find activities he/she is really interested in, besides schoolwork.
- Help your child find and try new activities that help others.
- Give your child the chance to make more of his/her own decisions as he/she grows older.

Your Growing & Changing Child:

- Talk with your child about how his/her body is changing with puberty.
- Encourage your child to brush his teeth twice a day and floss once a day.
- Help your child get to the dentist twice a year.
- Encourage your child to get 1 hour of vigorous physical activity every day.
- Help your child limit screen time (TV, video games, computer) to 2 hours a day, not including homework time.
- Praise your child when he/she does something well, not just when he/she looks good.

Accident Prevention:

- Make sure everyone wears a seat belt in the car.
- Poison Control # 800-222-1222.
- Make sure your child knows how to get help if he/she is feeling unsafe.
- If there is a gun in the home, make sure it is stored unloaded and locked with the ammunition locked separately from the gun. Ask if there are guns in the homes where your child plays. If so, make sure they are stored safely.
- Help your child figure out nonviolent ways to handle anger or fear.
- Talk to your child about not smoking cigarettes, using drugs, or drinking alcohol.

Healthy Habits:

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Consider a plan to make sure your child or his/her friends cannot get alcohol or prescription drugs in your home.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask me or others you trust for reliable information that can help you.
- Use clear and consistent rules and discipline with your child.
- Be a role model for healthy behavior choices.
- Sleep goal is 9 hours per night. Do not allow cell phone or internet access at night.

Feeling Happy:

- Encourage your child to think through problems themselves with your support.
- Help your child figure out healthy ways to deal with stress.
- Spend time with your child.
- Know your child's friends and their parents, where your child is, and what he/she is doing at all times.
- Show your child how to use talk to share feelings and handle disputes.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry talk with me.

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