

# CORINTH FAMILY MEDICINE & PEDIATRICS

3001 FM 2181, Ste 300 • Corinth, TX 76210 • 940-497-4900

## 11-12 YEAR WELL EXAM

### NUTRITION:

- Make sure you are offering well-balanced meals and healthy snacks, helping to develop good eating habits. Ensure that your child is eating breakfast daily. Aim for at least 3-5 servings of fruits and vegetables daily.
- Milk is an important source of calcium and vitamin D. At this age, your child should be drinking about 3 cups of low-fat milk each day to ensure healthy bone development.
- Limit your child's intake of sweetened beverages, including juice, soda, and sports drinks. In general, water is sufficient to keep hydrated. Sports drinks should be reserved for re-hydration during or after vigorous physical activity, not mealtimes.
- Eat meals together as a family as often as you can. This is an important time for strengthening family connections as well as modeling healthy eating habits. Keep mealtimes free of electronic devices and TV.
- Dental Care: Ensure your child is brushing his or her teeth with fluoride toothpaste in the mornings and evenings as well as flossing daily. Schedule regular dental checkups. Have your child wear a mouth guard when participating in sports.

### ACTIVITIES:

- Encourage at least 1 hour of moderate to vigorous physical activity each day.
- Set reasonable limits on screen time (TV, computers, tablets, video games).
- Teach your child how to use technology wisely. Don't text, post, or send pictures that you wouldn't share with grandma.
- Be involved with your child's school activities. Talk with your child's teacher about any concerns about academic performance or bullying.
- Assist with organization and time management; help your child assume responsibility for keeping track of schoolwork.
- Sleep: Maintain a consistent, age-appropriate bedtime. Your child should be getting 9-12 hours of sleep per day. Avoid screen time within at least an hour before bedtime. Consider taking your child's cell phone into your room at your child's bedtime so that unknown internet or social media use does not continue later than expected.

### DEVELOPMENT & BEHAVIOR:

- Puberty: Talk with your child about how his or her body is changing. It is important to be reassuring; young adolescents easily feel insecure about their appearance, and they often worry about being different from their peers.
- Sex: Talk about sexual intercourse, safe sex, sexually transmitted diseases, and the importance of waiting. Having conversations about sex at this age is not the same as sanctioning it. If your adolescents do not learn about it from you, they will turn to other sources of information like friends or the internet. Show a willingness to address questions about sexuality.
- Discipline: Establish clear rules and expectations. When possible, allow your child to learn from natural consequences. Resist the urge to rescue your child from his or her mistakes. When natural consequences are not safe or appropriate, establish a logical consequence such as removing privileges. Praise good behavior. Model how you want your child to handle emotions and apologize for mistakes.
- Independence: Teach your child healthy self-care habits and provide opportunities to make age-appropriate choices. Help your child develop a sense of responsibility by assigning chores and keeping them accountable.
- Peers: Understand that friendships with peers are becoming increasingly important part of social development. Get to know your child's friends and know where they are spending their time. Teach your adolescents how to communicate respectfully both in person and online. Talk with them about handling peer pressure.
- Be aware of any abrupt changes in mood or behavior or sudden decline in school performance as these can suggest anxiety, depression, or drug use; speak with your child's doctor if you have any concerns.

### SAFETY:

- Always wear a seatbelt in the car. Your child should be sitting in the back seat until age 13.
- Have a family plan for emergencies. Teach your child how and when to call 911.
- Teach your children about avoiding tobacco, e-cigarettes, drugs, and alcohol. Make sure they do not have access to these items in the home.
- If you have a gun in the home, keep it locked & unloaded with ammunition locked separately.
- Make sure your child is wearing a good-fitting helmet when using bikes, skates, or scooters.
- Summer safety: Use sunscreen and insect repellent. Make sure your child drinks plenty of fluids when outside in the heat. Use hats and sunglasses to protect your child from the sun.
- Monitor your child's use of the internet. Use parental control settings to limit access to dangerous sites. Limit internet access to common areas in the home. Know who your child talks to online. You should access all of your child's internet and social media interactions. Teach your child not to share personal information online. Teach your family how to protect themselves from cyberattacks (not opening emails from unknown senders, not clicking on ads or suspicious links, etc.).
- Teach your child safety around other adults. Make sure your child knows how to get help if he or she is feeling unsafe.