



## Watching you grow!

Name: \_\_\_\_\_

Date: \_\_\_\_\_ BMI: \_\_\_\_\_

Height: \_\_\_\_\_ % \_\_\_\_\_

Weight: \_\_\_\_\_ % \_\_\_\_\_

Blood pressure: \_\_\_\_\_

## Well-child exam: 11-14 years

### Nutrition

- Your adolescent should be provided with three regular meals per day and two nutritious snacks.
- Serve a variety of healthy foods, including plenty of fruits and vegetables, breads, cereals and other grain products, low-fat dairy products, lean meats, and foods prepared with little or no fat.
- Try to eat one meal a day together as a family.
- Breakfast is especially important. Encourage him to eat something healthy, even if it is just cereal and juice.
- Have healthy, low-fat snack foods available.
- Talk to your adolescent about limiting fast foods, sugar drinks, sodas and high-fat snacks.
- Teach your child how to eat a nutritious lunch through the school lunch program or by packing a balanced lunch.
- Limit juice intake to 8-12 ounces a day.
- Model and encourage healthy food choices.

### Healthy habits

- Regular exercise is an important part of physical health. Help your adolescent participate in physical activity at least 30 minutes each day.
- Exercise with your child when possible.
- Many adolescents become involved in team sports. While it provides exercise and teaches sportsmanship skills, it also helps them learn important social skills including striving for a goal and team work.
- Ensure your adolescent is brushing his teeth at least twice daily. Encourage daily flossing.
- Visit the dentist every six months.
- Get adequate sleep. The average 11- to 14-year-old needs at least eight hours of sleep a night.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)

### Growth and development

While growth and development varies, many girls and boys experience growth spurts during these years.

Discuss the following changes openly with your adolescent to prepare them. Encourage them to ask questions and answer them honestly:

#### Female

- Breast development;
- Pubic hair growth; and
- Menstruation.

#### Male

- Voice changes;
- Increased muscle size; and
- Pubic hair growth and increased size of testicles, penis and scrotum.

Your adolescent also may:

- Develop acne during this time which is normal and caused by changing hormones. Using over-the-counter medicine is OK for mild acne, but if it seems to be serious or bothersome, visit your health care provider;
- Exhibit moody behaviors as he struggles with his identity;
- Be preoccupied by physical appearance;
- Seek out friends with beliefs and values similar to those of his family and may be influenced by peers about clothes and interests; and
- Become anxious due to increased social and academic stressors as he transitions to middle school and prepares for high school.

## Safety

Topics to discuss with your adolescent:

- State law requires all children under the age of 12 to be in the back seat and wear a seat belt at all times;
- Learn to swim; learning to swim does not replace constant supervision around water;
- Participate in your adolescent's online internet time. Put the computer in the living or family room. Stay involved and monitor what your adolescent is doing;
- Avoid high noise levels, especially in music headsets;
- If there are guns in the home, make sure the guns have a trigger lock and that the ammunition is stored separately from the guns; and
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months. Practice a fire escape plan.

## Positive parenting

- Encourage him to be responsible for his own attendance in school and homework.
- Discuss current events in an age-appropriate manner.
- Continue to be involved in your adolescent's life, but don't be surprised if he appears to value his friends' opinions more than yours.
- Be open to discussing his ideas, which may be different than yours.
- Ask him what he is learning in school and make a point of knowing his friends.
- Limit your child's total screen time (TV, computer and video games) to less than two hours a day and monitor what he watches.
- Watch television with him and use topics of shows to stimulate discussion of potential real-life situations.
- Televisions or computers should **not** be used before bedtime. Televisions should **not** be in the bedroom or used to fall asleep.
- There is a strong peer pressure to try alcohol, tobacco and drugs at a young age. Parents can take steps to prevent alcohol, tobacco and drug use by setting a good example at home. Limit your use of alcohol and don't smoke or use drugs. Discuss topics of alcohol, drugs and cigarettes with him and provide guidance on problem solving and managing stressful situations without the use of substances.

### Our Mission

*We are dedicated to providing excellent service with the highest quality of care to those we serve.*

## Pediatrician-approved Web sites:

[www.aap.org](http://www.aap.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.centracare.com](http://www.centracare.com)  
[www.chop.edu](http://www.chop.edu)  
[www.mdh.org](http://www.mdh.org)  
[www.parenting.umn.edu](http://www.parenting.umn.edu)  
[www.teenhealth.411.org](http://www.teenhealth.411.org)



## Community resources:

### United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

### Stars Network

This children's mental health information and crisis hotline is available 24 hours a day, 7 days a week. Call (800) 635-8008 or (320) 253-5555 or visit [www.starsnetwork.org](http://www.starsnetwork.org).

### Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



## When should I call the clinic?

Call the clinic if your adolescent:

- Has a sudden drop in grades at school;
- Has a sudden change in appearance;
- Withdraws from family and friends;
- Spends more time alone;
- Seems depressed;
- Has unusual eating behaviors;
- Shows risky behaviors; or
- Talks about suicide.

*CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.*

*This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.*