



Watching you grow!

Name: _____

Date: _____ BMI: _____

Weight: _____ %

Height: _____ %

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 at least one meal a day together as a family.
- Breakfast is especially important. Encourage him to eat something healthy, even 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 nutritiously through the school lunch program or by packing a balanced lunch.
- Limit juice intake to 8-12 ounces a day.
- Water should be the main source of hydration while exercising.
- Sports drinks are unnecessary unless exercising for one hour or more.
- Energy drinks should never be consumed.
- Recommended Vitamin D intake is 600 IU daily. Recommended calcium intake is 1300 mg daily.
- All females capable of becoming pregnant should consume 400 micrograms per day of folic acid.
- 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 nine 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 two hours or according to manufacturer instructions. In addition, it is beneficial to wear UV-rated clothing.

- If in an area with biting insects, apply repellent with less than 30 percent DEET or 5 to 10 percent picaridin repellent 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.

By the end of eighth grade, talk with your adolescent about intercourse, pregnancy, birth control and sexually transmitted infections. Discuss the following changes openly to prepare them. Encourage them to ask questions and answer them honestly:

Female

- Breast development
- Pubic hair growth
- Menstruation, which can be expected 12-18 months after breast development starts

Male

- Voice changes
- Increased muscle size
- 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
- 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:

- Children under age 13 should ride in the back seat.
- Children should wear appropriate helmets and protective gear while bicycling, rollerblading, skating, snowboarding and horseback riding.
- Learn to swim; learning to swim does not replace constant supervision around water.
- Stay involved and monitor your adolescent's cell phone, social media and other online activity. Limit electronic use to common living areas.
- Avoid high noise levels, especially in music headsets.
- Store knives out of reach and sight.
- If there are guns in the home, be sure that guns and ammunition are locked up and stored separately.
- 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. Electronics should **not** be in the bedroom or used to fall asleep.
- Cell phones should be stored outside of your adolescent's bedroom at night.
- 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.

Pediatrician-approved Web sites:

www.aap.org
www.blendcentralmn.org
www.cdc.gov/healthyyouth
www.centracare.com
www.childrensmn.org
www.chop.edu
www.girlshealth.gov
www.healthychildren.org
www.kidshealth.org
www.helpmegrowmn.org
www.parenting.umn.edu
www.health.state.mn.us/divs/cfh/program/cyshn/earlyintro.cfm



Community resources:

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1, 651-291-0211 or 800-543-7709.

Poison Control number

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

Mental Health Crisis Response Team

This team provides support and assistance 24 hours a day, 7 days a week to children, youth and adults experiencing a mental health crisis. Call 800-635-8008 or 320-253-5555 or visit www.starsnetwork.org.

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
- Talks about suicide



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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.