PEDIATRIC HEALTH CARE

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NTNE/TEN/FLEVEN/TWELVE YEAR EXAM

WEIGHT:_____LBS.____OZ. **LENGTH**:_____IN. ____%

DEVELOPMENT: This is the age commonly known as pre-adolescence. Children typically have an increased rate of growth, both physically and emotionally. They are often very social and friends' opinions are highly valued. Self-esteem and self-confidence are critical factors during this time period. Be sure to remember to praise your child for their achievements and help find ways to accentuate their strengths. Your child can be very helpful and should have more responsibility around the household.

PUBERTY: Girls usually start between 8 and 13 years of age. Boys often start 10-14 years of age. This is a good age to begin an open line of communication regarding the changes that your child can expect to experience. While many schools often have classes that discuss this issue, it is important to have a loving, trusting adult that the child can go to to discuss any questions or concerns that may arise. Think about getting a book or looking on a website. Go over it together so that you can be there to interpret and advise.

Good Books: Girls: American Girl: The Care and Keeping of You

The "What's Happening to My Body" Book for Girls

Boys: What's Going On Down There: Answers to Questions Boys Find Hard

to Ask

The "What's Happening to My Body" Book for Boys

Both: Caring for Your Teenager: A Complete and Authoritative Guide

Website: www.healthychildren.org

FITNESS: Encourage routine physical activity both to enhance a healthy lifestyle and to have fun. Sports such as cycling, swimming, basketball, soccer, dancing, aerobics, cross country skiing, and brisk walking are great for cardiovascular health. Aim for at least 20 minutes of continuous exercise at least 3 times per week. Stretching and warming up to prevent injury and promote flexibility are important too.

NUTRITION: Children often will gain 4-7 pounds per year, but if your child does not match up with this trend, don't worry. There is often great variability in a pre-teen's appetite. Be sure to be aware of what your child is eating on a regular basis. Your child's eating habits now can impact his/her health later. Enjoy cooking low calorie meals together as a family. Cut back on wasted calories such as sugary drinks (soda pop, kool-aid), encourage filling healthy foods, like fruits and vegetables. Offer less starchy carbohydrates, such as whole grain bread, whole grain pasta, and brown rice. Enjoy family meal time together to get caught up on your pre-teen's day.

IMMUNIZATIONS: 9 years: HPV vaccine (Gardasil) approve 9-26 year for boys and girls. 11 years: Meningococcal vaccine (Menactra), TdaP.

CHOLESTEROL AND HEMOGLOBIN SCREENING: Your child should have at least one cholesterol and one hemoglobin level during this time period. Information your doctor if you have a family history of heart disease, hypertension, or high cholesterol.

NEXT VISIT:

We recommend seeing your child every year for a healthy check up to monitor for normal physical, emotional, and social growth.

Be aware of what your child is doing on-line. Keep their computer access limited to a social area in the house so that you can monitor their acitivity.