

WELL CHILD: THE ELEVEN TO TWELVE-YEAR-OLD (1 OF 2)
VIRGINIA MASON MEDICAL CENTER – PEDIATRICS AND ADOLESCENT MEDICINE
www.virginiamason.org/pediatrics

Name _____ Weight _____ lbs. _____ oz.
Date _____ Height _____ in.
BMI (body mass index) _____
BP _____ / _____ HR _____
Vision R _____ / _____ L _____ / _____
Hearing _____

NUTRITION

- Reinforce the value of a healthy diet. Eat together as a family whenever possible.
- Give daily supplements of vitamin D (400 IU) and calcium (1200 mg) if your child takes less than 16 oz. of milk per day. Avoid juice and sweetened drinks.

DENTAL CARE

- Continue taking your child to the dentist every 6 months. Ask me about fluoride supplements if your child drinks water without fluoride. Brushing and flossing twice daily is a healthy routine to model and reinforce.

HYGIENE

- Acne and body odor may appear. Daily showers and deodorant may be appropriate. When acne first appears, washing with soap and rinsing well twice a day is very helpful. There are many other helpful treatments available now. Please ask if you are interested.
- Use sunscreen daily. SPF 30 is recommended.

DEVELOPMENT

- Tells time, reads for pleasure, tells jokes, appreciates own talents.
- School and peer relationships gain importance.
- Encourage daily exercise, exercise together or get involved in sports.

PARENTING

- Enjoy physical activity together.
- Stay in touch with teachers.
- Discuss and limit TV, computer and video game time to less than two hours a day.
- Discuss current events. Share your family values and discuss drug use, sex, alcohol, and smoking.
- Discuss puberty. Consider a puberty class at a local hospital or school, or, for many more resources, visit BirdsAndBeesAndKids.com.

SAFETY

- Personal safety and the consequences of risk-taking should be openly discussed now.
- Reinforce consistent helmet and seatbelt use. State law requires children under 13 to ride in the back seat when practical.
- Discuss gun safety. Do the homes your child spends time in have guns? If so, are they locked safely with ammunition locked in a separate place?
- Model consistent use of seat belts and helmets, not using a cell phone while driving, and other safe behaviors.

IMMUNIZATIONS

- Vaccines are due at age 11, including Tdap (tetanus, diphtheria, and whooping cough booster), Menactra (meningococcal meningitis), and HPV vaccine.
- You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at virginiamason.org/immunizations.
- We recommend influenza vaccination every year for **all** infants (age 6 months and up), children, adolescents, and adults. Visit flu.gov for more information, and visit virginiamason.org every fall for flu vaccine clinic information.

PHYSICIAN RELATIONSHIP

As your child approaches adolescence, we continue to encourage you, the parents, to express health concerns you have, and encourage you to be your child's primary resource for guidance through these important transitional years. We also encourage our adolescent patients to talk to their parents about their health, while, at the same time, developing a primary relationship with their physician and taking more responsibility for their own health.

Parents should understand that, for minors capable of making sound decisions about their health, Washington State Law allows minors to seek medical care for the following conditions, even without the consent of their parents:

- Birth control and pregnancy-related care
- Mental health conditions (such as depression) and alcohol and drug problems if over age 13
- Sexually transmitted diseases, including HIV/AIDS testing, if over age 14

The records and information about these conditions in general are **private** by law and require the minor's consent before they can be released to anyone else. This means that parents cannot receive information or access records about the above conditions without the child's permission. There are exceptions when the child's or someone else's health or well-being is in immediate danger. Please feel free to discuss with us any questions you have regarding legally confidential health information for minors.

NEXT VISIT

- Please schedule a yearly check-up.
- If camp or sports require a yearly physical exam, please plan ahead.

BOOKS / RESOURCES

Age 7 and up:

It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families by Robie H. Haris and Michael Emberley

Age 8 and up:

The Care & Keeping of You: The Body Book for Girls (American Girl Library)

Age 10 and up:

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Haris and Michael Emberley

The Boy's Body Book: Everything You Need to Know for Growing up YOU by Kelli Dunham and Steven Bjorkman

The Girl's Body Book: Everything You Need to Know for Growing up YOU by Kelli Dunham and Laura Tillary

Age 12 and up:

The "What's Happening to My Body?" Book for Girls by Lynda Madaras

The "What's Happening to My Body?" Book for Boys by Lynda Madaras

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BirdsAndBeesAndKids.com

Choosemyplate.gov

Healthychildren.org