

# Princeton Nassau Pediatrics, P. A.

www.princetonnassaupediatrics.com

## 11-12 Year Well Visit

### *Nutrition:*

- Try to eat meals together as a family- pre-teens learn to eat a balanced diet by seeing your example.
- Balanced eating: fruits at least 2-3 times/day, vegetables at lunch, dinner and as snacks, lots of grains, dairy three times a day, and protein foods twice daily
- Limit junk food. Try to stock the house with healthy snack foods.
- Give a multivitamin daily. If you do not have fluoride in your water, ask your doctor for a fluoride prescription
- Encourage a healthy body image, emphasizing healthy eating and exercise rather than weight.

### *Parenting:*

- Your child should brush and floss teeth every day. Visit the dentist every 6 months
- Limit TV and computer/video game time to no more than one hour per day, and monitor what your child watches. Keep TV's out of your child's room.
- Encourage your child to be active for at least 30-60 minutes/day.
- Encourage participation in after-school activities and sports, depending on your child's interests and skills.
- Your pre-teen may be becoming more independent now. Allow him to express himself, and be an "individual."
- Decide on fair rules and consequences together, and then enforce them consistently.
- Give your child reasonable chores and responsibilities.
- Be sure to talk about puberty and sex with your pre-teen, and be willing to answer questions that come up. Don't depend on school to give your child all of the information he or she needs.

- Talk to your child about smoking and peer pressure.
- Your pre-teen may want more privacy at this age.

### *Safety:*

- Use seatbelts in the car, and helmets on bikes, scooters, skateboards, skis, etc.
- Be sure to have smoke detectors in your home. Create a fire escape plan.
- Talk to your pre-teen about Internet safety. Monitor your child's Internet usage to be sure it is age-appropriate and safe.
- If you have guns in your home, keep them unloaded, and locked away.
- Use sun block whenever you are out.

### *When to call the office:*

- Call our office if your child is acting very sluggish or irritable, has trouble breathing, or has a fever over 103-104°F for more than 2 days, or you have other concerns.
- For routine questions or for advice on specific symptoms, check out the [Pediatric Advisor](#) section on our website

### *Vaccines at this visit:*

- The AAP and CDC recommend a yearly [Flu shot](#) for all children.
- [Tdap](#)
- [Menactra](#)
- [HPV](#)

### *Web Resources:*

- [Food Pyramid Website](#)
- [CDC Healthy Families Site](#)
- [Websites for kids and teens](#)
- [www.kidshealth.org](http://www.kidshealth.org)