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# 11 to 13 Year Well Child information

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## ENCOURAGING DEVELOPMENT

- Try to make time to eat together as a family. Encourage conversation at mealtime.
- Minimize television and electronics. Ensure the content is age appropriate. Avoid any content showing violence.
- Monitor your child's use of the internet and social media. Know which websites they visit and who they come into contact with online.
- Encourage physical activity. Make it part of your daily routine. Go for a walk or a bike ride.

## SAFETY

- Equip your home with smoke and carbon monoxide detectors. Discuss a fire escape plan.
- Wear a bike helmet when riding a bike.
- When traveling in a vehicle, kids should always wear a seatbelt and ride in the back seat until age 12.
- Keep all medicines, poisons, chemicals, cleaning products out of reach.
- Guns and ammunition should be locked up.

## NUTRITION

- Encourage your child to eat breakfast before leaving for school.
- Provide healthy snack options.
- Limit fast foods and food high in fat, salt or sugar.
- Kids should drink milk or water. Limit juice or soda.

## PARENTING TIPS

- Spend one-on-one time with your child daily.
- Give your child chores to do around the house.
- Set clear behavioral boundaries and limits. Discuss consequences of both good and bad behavior with your child.
- Discipline should be consistent and fair.
- Sexual curiosity is normal. Answer questions in clear and correct terms at an age-appropriate level. Talk with your child about ownership of his or her body. No adult should ask him to keep a secret or see or touch his or her private parts.
- Talk with your child about the potential dangers of smoking, alcohol and drug use.
- Talk with your child about bullying and how to respond if they find themselves in that situation.

## IMMUNIZATIONS

- Influenza (in season)
- Human Papilloma Virus
- Diphtheria
- Tetanus
- Pertussis
- Meningitis

**NEXT WELL CHILD VISIT: YEARLY**