11 - 14 Year Well Exam

Weight ___ (  %) Height ___ (  %) BMI ___ (  %) Blood Pressure ____ (  %)

During the pre-teen years your child will be going through many changes physically and emotionally. It is a normal part of development for your child to exhibit more independence from the family. Habits and behavior patterns now will influence health and success later in life. As your child is spending more time away from the family it will be even more critical to discuss issues openly especially when it comes to safety. Have a plan in place for situations in which your child feels he or she needs your help. Always be available for him or her.

Safety
The biggest threat to your child’s life and health is an injury! An accident is the number one cause of death for children in this age group.

The top 4 fatal injuries to prevent are car accidents, drownings, fires/burns and guns.

- **Car Safety** – Buckle up every time. It is unsafe to ride without a booster seat until 57 inches tall. Sitting in the back seat with a shoulder belt is safest.
- **Water Safety** – Teach your child to swim if he or she hasn’t learned already. Always go swimming supervised by an adult trained in CPR.
- **Fire Safety** – Your family should have an escape plan in case of fire. Teach your children this and practice! Check your smoke detectors monthly.
- **Firearm Safety** – It is best to keep all guns out of the home. Safe storage is essential. Ask your friends and neighbors if they have a gun. Teach your child what to do if he or she sees an unsecured gun. LEAVE! Remember, all guns are loaded guns.
- **Tobacco Exposure** – Smoking is dangerous for your child at any age. Teach him or her about the dangers of smoking.
- **Alcohol and Drugs** – It is best to talk openly about these issues. Don’t assume your child knows how you feel. Don’t assume he or she is too young to understand. **Most young people injured or killed in a drunk driving accident are riding with someone old enough to be the parent!** This means that a parent, older sibling, aunt, grandparent, etc. are usually the drivers in these tragedies! Tell your young teen not to ride with anyone who has been drinking.
- **Violence Prevention** – The best way to keep your child safe is to know where they are and who they’re with. Keep communication open and honest. If you have concerns about your child’s safety at home or school please discuss this with your doctor right away!

Development
Your child will grow about 2 inches per year. By the time children reach 10 years of age their motor skills are typically equal to that of adults. It is normal to want to be treated like an adult, be proud and possessive of belongings, and to worry about being liked. Your child’s attention should be well-controlled and sustained at this age.

Nutrition
Your child learns eating habits from you. It’s important that the entire family adopt a healthy eating style.

- Don’t skip breakfast! It doesn’t have to be traditional breakfast foods—a sandwich or left-overs are sometimes fast easy choices for the busy family.
- Make smart Fast Food choices.
- Get enough calcium - 1200 to 1500mg calcium a day needed for bone growth. (Try calcium fortified orange juice or TUMs for added calcium)
- Get the right amount of calories: Active Boys – 2800 calories, 12mg iron daily. Active Girls – 2200 calories and 15mg iron daily.

Special Note about Drinks
- Low-fat or skim milk. Limit to 8 ounces a day.
  
  **Caution:** Too much milk can result in picky eaters, constipation, and anemia

- Water is best!
- Don’t keep soft drinks, Gatorade, or juices in the home. Water and a moderate amount of skim milk are the only liquids your child needs

School
- If your child is having difficulty in school talk to your pediatrician. He or she could have a learning disability. The sooner it is addressed, the better.
Note to Pre-Teens

As part of growing up, you will go through puberty. Puberty is the time in your life when your body changes from that of a child to that of an adult. These changes are caused by chemicals in the body called hormones. Because there are so many changes that happen during puberty, you may feel like your body is out of control. In time, your hormones will balance out and your body will catch up. Not only does your body change, but your emotions change too. How you think and feel about yourself, your family and friends, and your whole world, may seem different. As you go through puberty, you will begin to make important decisions for yourself, take on more responsibilities, and become more independent.

Signs of Puberty

GIRLS
Thelarche – breast development (the first sign puberty) usually begins 10-11y.
  - Tenderness and size variation normal
  - Correlates with beginning of growth spurt
Adrenarche – pubic hair development
  - Axillary hair around same time
  - Occasionally is the first sign of puberty
Menarche – Start of periods, average 12-13y
  - Occurs ~2 years after the start of puberty
  - Correlates with peak in height velocity
Adult Features – 3 to 4 years after puberty begins Final adult height reached about 2 years after menarche

Concern: Lack of breast development by 13 or no periods by 16.

BOYS
First Sign – increase in testicular size (begins 10-11y)
Next Stage – pubic and axillary hair development
Physiologic Gynecomastia – a normal increase in breast tissue related to hormones. Tenderness common. Reverses spontaneously in months to years (up to three). Nipple discharge is not normal.
Continued Puberty – increasing size of penis and testicles
  - Other changes include deepening of voice, increase in muscle mass, and ability to get erections and ejaculate including spontaneous, nocturnal emissions (wet dreams)
Peak Growth Velocity – 2-3 years later than girls
  - Enlargement of hands and feet first followed by growth of arms, legs, truck, and chest
Adult Features – 3 to 4 years after puberty begins. Chest and facial hair develop around this time.

Concern: No signs of puberty at age 14.

EMERGENCY CARE
In the event that your doctor advises you to go the emergency room, we strongly recommend Dell Children’s Medical Center, the only facility in the area specializing in the care of children. It is located at 4900 Mueller Boulevard in Austin. (#512-324-0000)

Today’s Visit

Handouts
- SEARCH Developmental Assets
- AAP Tips for Parents and Adolescence
- Internet Safety Pledges
- Example Safety Contracts

Immunizations
- Vaccinations required by school by 7th grade:
  1. Tdap – tetanus booster
  2. Meningococcal (Menactra) – meningitis
- HPV (recommended for all girls and boys)
- Other catch-up if needed (Varicella booster, for example, required for 7th grade)
- Influenza (Fall and Winter)

Lab
- Cholesterol screen if at risk
- Anemia check (post-menarchal females)

Screening
- Tuberculosis questionnaire
- Lead questionnaire
- Objective vision screening
- Objective hearing screening

Dental Referral if needed

Return Visit
- 1 year
- Fall for Flu Vaccine

Homework
Discuss your parents or trusted adult if you feel unsafe at school or home.
Talk openly about questions.
Talk to your parents and your doctor if you have questions about your health.
Be active to keep your body fit.
Buckle up. ALWAYS.

Develop a Safety Plan!
You need to know who you can call if you feel scared or need help. You should always have 3 trusted adults whom you can contact no matter what time it is!