

**11-12Y**  
**PEDIATRIC**  
**CARE ADVISOR**



**Well Child Care**  
**11-12 Years**



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

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# Nutrition

Offer nutritious foods with variety for every meal and snack. Encourage your child to drink water, milk no more than 3 times a day and juice infrequently. Discourage your child from drinking soft drinks. Limit your child's intake of sweet and junk food like chips. Limit sugar and fat. Try to eat most meals as a family. Avoid battles about eating. The power a parent has is in choosing what a child is offered to eat.

Limit TV, computer and video games to 1 hour per day. Encourage your child to be active and play outdoors.

Recent studies suggest that lack of sleep contribute to childhood obesity. Have a set bedtime and a specific bedtime routine.

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# Development & Behavior

Parents need to make positive comments about jobs well done and behaviors they like. Friends become more and more important at this age. Some children will begin to separate themselves from their families. Take time to talk to your child about smoking, drugs, and alcohol. Some children will begin to experiment with these as early as age 9 or 10.

Make an agreement about household chores with your child. It will build confidence and a sense of responsibility and contribution.

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# Teeth

Be sure to brush twice daily and floss daily. Schedule a dental exam every 6 months.

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# Immunizations

Your child will be getting vaccines today. Tdap (if not given at 10 years), Menactra and HPV. There will be an additional Menactra vaccine at > 16 years old and 2 additional HPV vaccines. The HPV series includes additional injections in 2 and 6 months. Upon review of the vaccine record there may be "catch up" vaccines required. Yearly flu vaccines are recommended in all children in the Fall.

You can find more information on vaccinations online at:  
[http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

## *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

# Safety

- The American Academy of Pediatrics recommends booster seats to make sure a vehicle's lap-and-shoulder belt fit properly. The shoulder belt should lie across the middle of the chest and shoulder, not near the neck or face. The lap belt should fit low and snug on the hips and upper thighs, not across the belly. Most children will need a booster seat until they have reached 4 feet 9 inches tall and are between 8 and 12 years old. Children should ride in the rear of a vehicle until they are 13 years old.
- Do not leave your child unsupervised near water; supervision should always be done by an adult.
- Use gates or fences around pool areas.
- Use sunblock with an SPF of 15 or higher and avoid spending time outdoors between the hours of 11 a.m. and 1 p.m.
- Your child should always wear a helmet when riding a bike or scooter.
- Discuss the importance of never talking to or going with strangers. Establish a code word that a person must say if they are sent by mom or dad to pick a child up. If the person does not say the word, your child should not go with them.
- If there are firearms in your home, they should be kept unloaded and locked up. Trigger locks should be used. Ammunitions should be locked in a separate place. Teach your child never to handle or play with guns.
- Know who your child's friends are.
- Keep all medication and cleaning fluids locked in cabinets or in areas that your baby/child cannot reach. In case of ingestion call the poison control center at (800) 222-1222 and your pediatrician's office (or the physician on call).

# The Next Visit

Your child's next appointment will be in one to two years.

**live healthy  
enjoy life**