

7-12 YEAR VISIT

Child's name: _____

Today's Date: _____

TODAY'S MEASUREMENTS:

HEIGHT: _____ (_____ %ile)

WEIGHT: _____ (_____ %ile)

BODY MASS INDEX: _____ (_____ %ile)

BLOOD PRESSURE: _____ / _____ mmHg

Leading a Healthy Life

Eating well and exercising regularly helps maintain a healthy weight. Children who are obese at age 6 have a 25% chance of being obese as adults, while children who are obese at age 12 have a 75% chance of remaining obese. Obesity can lead to serious health problems such as diabetes, high blood pressure, cardiovascular disease, and joint problems. Here are some simple ideas that everyone should follow:

- Eat regular meals. If your child snacks, limit them to healthy foods such as fruits, vegetables, and whole grains
- Continue to avoid juices, soda, and sports drinks, as they have lots of sugar and calories
- Avoid processed foods by preparing meals with fresh ingredients
- Eat together as a family, and not in front of the TV or other screens
- Drink non- or low-fat milk and lots of water
- Limit how often you eat at restaurants or fast-food
 - Restaurants portions tend to be much larger than needed. Share a meal or save half for a future meal
- Limit second helpings
- Limit special treats or desserts to one or two per week
- Limit screen time to no more than 2 hours per day
- Exercise or be physically active at least 3-5 times a week for 40-60 minutes each time

Calcium is needed to build strong, healthy bones. Weight-bearing exercise also helps. Children from ages 5-8 need 800 mg/day, while children age 9 and up need 1300 mg/day.

Immunizations

Age 11-12:

- Tdap (Tetanus, diphtheria, & pertussis)
- Menactra (Meningococcal)

Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot

Contact your doctor if symptoms are severe or last longer than 48 hours.

NEXT VISIT

In one year

Safety

- Car safety: Booster seats are required until 8 years of age or until your child reaches 4'9" tall. Weight is irrelevant. Children should always ride in the back seat of the car.
- Bicycle and skating safety: Always wear a helmet, and other protective gear if appropriate.
- Water safety: Teach your child to swim. Your child should always be supervised by an adult around water.
- Make sure your child knows what to do in case of a fire or other emergency. Teach your child to recite her name, address, and phone number. Keep emergency numbers where your child can see them.
- Apply sunscreen with SPF 30 or higher when she is outdoors. Have your child wear a hat.
- If you have guns in your home keep them unloaded, locked, and stored away from ammunition.
- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or ndvh.org

Body Changes

- As your child grows, you will begin to see the first signs of puberty. For girls, this is usually developing breasts. For boys, this is usually testicular enlargement. Puberty generally takes 2-5 years to complete
- Children generally grow about 2 inches per year until puberty, and then about 4-5 inches per year during puberty
- If you see signs of puberty before age 8 in girls or before age 9 in boys, it is a good idea to talk to your health care provider
- Your child may begin to ask questions about puberty. Try to talk openly and honestly with them

RESOURCES

www.pamf.org/preteen
www.talkingwithkids.org
www.dosomething.org/bullying
www.stopbullying.gov
www.kidshealth.org

MENTAL HEALTH

- Friends begin to take on a bigger role in your child's life. Ask your child about who her friends are and what they talk about. Make time to get to know other parents. Encourage play dates at home so you can observe how your child interacts with her peers
- Your child may experience depression or anxiety during these years, triggered by sad or stressful events, or with no obvious precursor. If your child is consistently sad, lacks energy, no longer enjoys activities that used to be pleasurable, starts to withdraw from family and friends, is more irritable, angry, or anxious, or has sleep or appetite disturbances, bring these concerns to your child's doctor
- The average age children begin experimenting with alcohol is 11 years old, so this is an appropriate time to start discussing drugs, alcohol, and smoking with your kids

Middle School Transition

- Expectations from school often increase during this time. Your child will be expected to take on more responsibility for school work and may have larger amounts of homework each night. Encourage your child to read every day and provide guidance and assistance as needed. Remember to make sure your expectations are appropriate for your child's age
- Sometimes children face challenges such as school refusal, difficulty making friends, bullying, or peer pressure. Some children may show signs of problems with attention or hyperactivity. If you are concerned about the school environment or your child's behavior and performance at school, schedule a meeting with her teacher, and discuss your concerns with your health care provider
- Talking openly with your child, at this age, about any struggles encourages children to feel more comfortable talking to their parents when difficulties arise