

Norman Pediatric Associates Parent Handout 11 Year Visit

Profile: Your 11 year old is now a pre-teen. Often times, both emotional and physical changes will begin to occur in your child. Your child is also becoming more aware of his/her body. On average, girls tend to develop and mature faster than boys. Mood changes can occur quickly at this age. School achievements may be very important to your child. His/her attention span is increasing, thus he/she may focus more on details of an event or project. He/she is learning to see the “bigger picture” and is able to reason and work things out better. Your child is becoming a skillful writer; he/she can divide whole numbers and work with fractions, percentages, and decimals. He/she can gather data, draw conclusions, and present research projects.

Feeding/Nutrition: Your child continues to need three healthy meals a day. Eating breakfast is important. Your child may enjoy helping to choose and prepare the family meals. Mealtimes should be enjoyable and are a good time for families to talk. Turn off the TV or radio and let your child decide how much to eat. Children watch what their parents eat, so set a good example. No candy, soda, juices, fried foods, or chips except for special occasions. He/she should drink 24 ounces of skim/fat free milk a day. Make sure your child gets plenty of water when he/she is exercising or playing sports. Continue a daily multivitamin.

Toys and Activities: Good toys and activities for this age include: card and board games, model sets, craft sets, science kits, sports equipment, construction sets, electric trains, sewing or knitting kits, art supplies, and camping equipment. Your child may want to start a hobby or a collection of dolls, trading cards, action figures, etc. He/she may enjoy sports/team activities, as well as organized clubs. Your child should be getting 60 minutes of physical activity every day. Your child may enjoy reading; offer them the opportunity to check out books frequently. Some 11 year olds are interested in playing a musical instrument. Your child should have some responsibilities or chores around the house; making the job fit the child’s age.

Safety: Learn CPR.

Car: Your child should sit in the backseat of all vehicles, never in the front seat. Always wear your seat belt.

Water: Your child needs to be watched continuously when around water. He/she needs to wear a life vest if boating. Always use a broad spectrum sunscreen of SPF 30 or higher.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for your child’s health. Make your home and car “no smoking zones”. Your water heater should be set at less than 120° F. Test your smoke and carbon monoxide detectors frequently and change the batteries. Have a fire escape plan. Talk to your child about not playing with fire or matches.

Stranger: Continue to remind your child not to talk to strangers.

Pedestrian and Bike Safety: Your child should wear a helmet when riding a bike, scooter or skating. Know where your child is at all times. Make sure your child has the proper safety gear needed for sports and other activities. Do not ride on ATVs.

Poisons: Keep poisons, medications, and toxic household products out of reach and locked up.

Guns: Guns should be kept unloaded and locked up. Ammunition should be locked up separately from the gun. Teach your child the **NEW** rules of gun safety. **N**ever touch a gun; **E**very gun is loaded; **W**hen in doubt, get out.

Computer: Your child should not have a computer in their room. When he/she is on the computer, monitor the online use. Install a safety filter.

Drugs, Alcohol, and Tobacco: Educate your child about making smart choices, and not using drugs of any kind, alcohol or tobacco products. Encourage your child to have friends with these same values.

Teeth/Oral Health: Your child needs to brush his/her teeth with fluoridated toothpaste at least twice a day (after breakfast and before bed) and floss at least once a day. Your child should see a dentist at least every 6 months or as the dentist decides. Your child is still losing “baby” teeth. Wear a mouth guard to protect teeth while playing sports.

Social Skills: Your pre-teen is bouncing back between childhood and adulthood. He/she may be responsible one minute, and irresponsible the next, testing his/her parents, then depending on them. Friends and peers are becoming the center of attention, with a little less emphasis on family. Supporting and enhancing your child’s self-esteem and self-confidence is critical. Talk to your child and offer praise for his/her accomplishments. If your child feels good about himself/herself, he/she will be more able to resist negative peer pressure and make better choices. Always be a good role model and encourage your child to help others. Encourage reasonable independence, friendships, and interests outside of the home. Continue to use discipline to guide and protect your child, instead of punishment. Your child still needs guidance and safe limits from you, but they also need to be more independent. Teach him/her to resolve conflicts and manage anger without violence. Don’t let your child hit, or allow others to hit your child. Keeping an open line of communication will help as your child becomes an adolescent. Your child may be focusing more on his/her appearance and wanting to “fit in.” Be involved in your child’s school, go to school events, if possible, and meet your child’s teachers. Encourage your child to talk about his/her friends, school, and activities. Ask your child about his/her accomplishments and challenges, any worries he/she may have, and if anyone is being mean or being a bully. Get to know your child’s friends and their families. Make sure your child has a safe place to go after school. Make sure your child has a quiet place to do homework. Establish a family routine. Limit screen time (TV and computer) to no more than one hour a day of programs suited for your child’s age. Watch the programs with him/her and discuss what took place on the show. No TV or computer in the child’s bedroom. Make sure your child has a person he/she can talk with about bodily changes, feelings, sexual pressures, etc.

Sexuality Education: Reinforce your child that no one is to see/touch your child’s private parts without permission and in the absence of mom and dad. Also reinforce that no adult is to ask for help with his/her private parts or ask the child to keep secrets from his/her parents. Talk to your child about puberty and the emotional and physical changes that occur. Encourage your child not to have sex. Talk to him/her about sex, relationships, and values.

Immunizations: Your child received the Tdap, Meningococcal, and Gardasil vaccines today.

Oklahoma Poison Control Center:
(405) 271-5454 (OKC area)
1-800-222-1222 (state wide toll free)

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