Well-Child Checkup: 10 to 12 Years

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Developmental Milestones

During the early adolescent years, your child may start to show changes that includes physical (puberty), but also growth that involves cognitive, emotional and social such as finding more interest independence from the family.

Having healthy friendships are very important to your child's development, but also during this stage, peer pressure can become strong.

Common Concerns Your Child May Experience:

- Increased desire for independence; may seek more responsibility
- Face peer pressure
- Compare self with peers and worry about fitting in
- New concerns about body image, clothing, hair
- Experience mood swings and be rude and short-tempered
- Gravitate between high confidence and lack of confidence
- Begin to develop strong talents and interests

Puberty

Starting now to age 16, your child will experience and show signs of puberty.

- For girls, breast development is usually the first sign of puberty, followed by body hair and menstruation.
- For boys, they will experience voice changes, body hair, growth of the penis and testicles and erections.

Questions may arise or your child notices changes to his or her own body or peers. It's important to be prepared in talking to your child about some of the physical changes that your child may experience during puberty.

If you feel uncomfortable, need answers to questions, or are uncertain about how to have these talks with your child, ask your health care provider for advice.

Sleep

The recommended amount of sleep for children age 6 to 12 is about 9 -12 hours. During growth spurts, your child may sleep more than previously. Lack of quality sleep may cause problems in school performance, extra-curricular activities and social relationships. Shutting off all technology and screens an hour before bedtime can help your child have a good night's rest.

5210 – Healthy Habits

Your child will need to eat 3 meals (breakfast, lunch and dinner) plus 2 - 3 healthy snacks daily. During growth spurts, it may seem as if your child can't get enough to eat! Provide healthy options for snacking such as whole grains, fruits and vegetables. Calcium will be important as bone density develops, especially for girls.

You can follow the simple 5210 method to help build healthy habits for your child and family.

5 or more fruits and vegetables
Eat a variety of fruits and vegetables at least 5 times a day.

2 hours or less of screen time
Limit screen time. Your child should not have more than 2 hours per day. Too much screen time may lead to attention and behavioral problems, language delays, sleep disorders and vision problems.

Additional Tips
Monitor your children's media. Know what apps are being used or downloaded by testing them out before your child uses them.

Virtual Learning?
If your child is enrolled in virtual learning, screen time may vary and talk to your health care provider if you have concerns.

1 hour or more of physical activity
Physical activity is any movement of the body that raises a person's heart rate above resting. Participating in physical activity has many health benefits. Your child should have 1 hour or more of physical activity each day.

Here are some physical activities examples and health benefits:

Strengthening Heart (Aerobic)

- Bicycling, swimming, playing chasing games like tag

Strengthening Muscles

- Climbing and swinging on playground equipment, doing sit-ups and push-ups

Strengthening Bones

- Hitting a tennis ball, jumping rope, practicing gymnastics

0 sugary drinks – More Water
Avoid juices or soda drinks. Soda and sugary juice drinks are one of the biggest culprits in childhood obesity. When possible, offer water or milk (non-fat or 1%) as beverage of choice.

Help Your Child Learn and Grow!

Here are some helpful parenting tips to promote healthy social and emotional development.

Support and Encouragement
Fostering a positive environment and relationship with your child will help build confidence and are more likely to resist negative peer pressure to make better choices for themselves.

Involve your child to be part of family decisions. Give your child the chance to make more of his or own decisions as he or she grows older.

Model and Teach Positive Behavior
Your child looks up to you and trusted adults. Listen to and treat your child with respect. Insist that others do so as well.

- Teach your child how to learn to lose gracefully, resolve conflict and manage anger without violence.
- Clearly define inappropriate behaviors and establish consequences for them.

Consistency, Routine and Clear Expectations

- Make education a priority: provide a place for homework and to make sure your child is completing school work on time. If your child is learning remotely, establishing a routine with clear expectations can help your child stay organized.

Be an Involved Parent

- Attend back-to-school night, parent-teacher events and as many other school events as possible.
- Go for a walk, ride a bike or plan a trip hiking outdoors. Being physically active with your child will not only get them more excited for exercise, it will also help build a strong relationship with your child.
- Meet the families of your child's friends.

Teaching Responsibility and Independence

- Provide opportunities to be successful by assigning chores to teach responsibility.
- Find a balance between encouraging independence and responsibility in your child while still providing necessary safety, guidance and protection is essential.

Eating Together
Make mealtime, family time as an opportunity for quality time to catch up and have meaningful discussions with limited distractions. Family mealtimes has been linked to better language development, increased social skills and better school achievement.

Safety and Injury Prevention

Helmets Save Lives
Your child should always wear a proper fitting helmet in most recreational activities, such as biking, rollerblading, skating, football, etc.

Your child's helmet should fit properly and be:

- Well maintained
- Age appropriate
- Worn consistently and correctly
- Appropriately certified for use

Vehicle & Traffic Safety

- All children younger than 13 years should ride in the back seat. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

Swimming & Water Safety

- Teach your child how to swim if they have not learned already. Make sure your child understands water safety, and always supervise when they are swimming or playing near water.

Lock and Keep out of Reach Harmful Products
Keep all potentially harmful household products, tools, equipment and firearms locked in a secure location and out of reach.

Don't allow your child to ride ATVs.

Make sure your child knows how to get and ask for help if feeling unsafe.

Caring for You and Your Family

If you are worried about your living or food situation, talk with your health care professional.

There are resources and agencies in the community who can help provide more information and assistance for you and your family.

Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.

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