

10 to 12 Year Checkup

Date: _____

Weight: _____

Height: _____

BMI %: _____



“My daughter enjoys using our home computer to search the Internet. So, to limit her exposure to adult-related Web sites, I’ve set the computer up to where she can only view Web sites designed for kids 12 and under.”

—Kaiser Permanente member

Eating

- Make meals a family time with the TV off.
- Give three nutritious meals and two snacks daily. Offer your child a variety of healthy foods.
- Serve your child a balanced breakfast or make sure the school provides one.
- Offer your child a variety of fruits and vegetables. They should cover half your child’s plate.
- Let your child decide how much to eat.
- Offer nonfat or low-fat dairy products (milk, yogurt, cheese). Aim for four cups each day. Your pediatrician may recommend

additional calcium and vitamin D supplements.

- Limit juice to no more than 4 to 6 oz. each day. Also, cut down on soda, chips, fast food, and sweets.
- Let your child help you plan and prepare meals.

Healthy habits

- Encourage your child to be active every day (60 minutes a day). Take family walks. Set an example by being active yourself.
- Don’t smoke! Talk with your doctor or contact Kaiser Permanente Health Education if you would like to quit smoking.
- Be sure your child brushes his or her teeth twice a day and flosses daily. Visit the dentist twice a year.
- Limit screen time (TV, video games, computers) to no more than 1 to 2 hours a day. Check TV programs for sex and violence. Do not allow a TV in your child’s bedroom.
- Be sure your child puts on sunscreen (broad spectrum with UVA and UVB protection, SPF 15) before going outside.

Immunizations

- *Pertussis*. Your pre-teen needs a booster shot to stay protected against tetanus and pertussis (whooping cough).
- *Human Papillomavirus (HPV)* is a common virus that is transmitted by sexual contact. We recommend the HPV vaccine for all girls 11 to 18 years old. The vaccine protects against the strains of HPV that may cause precancerous changes in the cervix and some genital warts. The vaccine is given in 3 doses. It works best when it is given to individuals before they are sexually active. This is why we recommend starting the series now. The vaccine is also approved for use in boys and young men.
 - *Meningococcal Meningitis*. This vaccine protects your child against a serious disease that is easily spread.

Safety

- *Gun safety*. Unload and lock-up all guns. Lock and store bullets in a separate place. A trigger lock is an additional important precaution. Speak with the parents of your children’s friends to find out if they keep a gun at home. If they do, urge them to empty it out and lock it up.
- *Booster Seat*. Keep your child in a booster seat in the back seat until he or she is at least 4 feet 9 inches tall and a seat belt fits properly.
 - o For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face.
 - o Do not allow your child to sit in the front seat of a vehicle with a passenger air bag.

Many older children will complain about having to use their booster seat. Explain that the seat keeps them safe and that as soon as they are big enough, they can switch to a seatbelt.

- *Prevent injuries*. Make sure your child wears a helmet that fits properly for all bike and scooter riding. Add wrist guards, pads, and gloves for skateboarding, rollerblading, and scooter riding.

Parenting

- Give praise and show affection.
- Have your child accept responsibility for all of his or her choices and actions.
- Assign reasonable chores.
- Teach your child about peer pressure and about the danger of gangs.
- Review safety rules for home (such as rules about having visitors, what to do in case of fire, or other emergencies).
- Talk to your child about avoiding the use of alcohol, tobacco, drugs, and inhalants.
- Teach your child never to approach or try to touch any unfamiliar animal, wildlife, or bird. Advise your child to

tell an adult if their skin is broken by a scratch or bite from any animal, even if the animal is your pet.

Puberty: When body changes usually occur

Puberty (sexual development) can begin as early as 8 years old for girls and 10 years old for boys. It is important to discuss puberty with your child.

Girls

- Breast development: 8 to 13 years old
- Pubic hair: 8 to 14 years old
- Growth spurt: 9¹/₂ to 14¹/₂ years old
- First period: 10 to 16¹/₂ years old

Boys

- Pubic hair: 10 to 18 years old
- Testicle and penis growth: 10 to 18 years old
- Growth spurt: 10 to 17¹/₂ years old
- Facial hair: 13 to 18 years old

Pre-teens search for new understanding

This is a time when most children begin to ask personal questions about their own lives. Your pre-teen may worry and struggle before finding answers he or she can accept.

This is a necessary part of your child's development, as he or she discovers how to become an independent teenager and adult. But this can be an upsetting and confusing time for children and their parents. It is normal for pre-teens to search for understanding about a variety of issues.

New sense of self

- Noticing talents and weaknesses
- Accepting body changes and wondering if they are normal
- Becoming more independent
- Challenging parents' values

Changing friendships

- Developing close friendships outside the family
- Looking for ways to "fit in" with friends
- Discovering sexual identity and romantic relationships

Considering the future

- Thinking about work choices
- Considering college

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your child's physician or other health care professional. If your child has persistent health problems, or if you have additional questions, please consult your child's doctor.

What parents can do

Talk with your pre-teen. Remind your child that you are always there if he or she needs to talk. Be a good listener. Try not to criticize. If you are mad, say so (without yelling), and explain why.

Treat your pre-teen with respect.

The goal is to provide support and have fun together. Try to spend time with your child every day. Respect his or her privacy and ask him or her to respect yours.

Let your pre-teen be an "individual."

Talking, dressing, and acting differently from adults helps your pre-teen feel independent from you. Try not to overly criticize clothing, hairstyle, music, or friends—these things help your pre-teen define him or herself.

Choose your battles. Set clear limits, but let your pre-teen do things his or her own way as often as you can.

Decide which issues are essential and which you can let go. This approach helps ensure that you and your pre-teen are not always in conflict.

Use family meetings to decide on fair rules and consequences.

Consequences of breaking "house rules" can include loss of telephone, TV, or stereo privileges, or stopping outside activities. Pre-teens need you to be consistent, so once you set limits, stick to them.

Talk to your pre-teen about dating and sex.

Your child has a natural curiosity about sex. Talk with your child to understand his or her feelings and answer questions honestly. Tell your child why it is important to wait to have sex. Discuss the physical risks of sex (pregnancy, sexually transmitted diseases). Talk about the emotional risks of sex (anxiety, guilt, sadness). Tell your child about your own moral beliefs, and what you hope he or she will do, but avoid lecturing. Make it a discussion instead.

Talk about it. Talking with other parents about your experiences may

help. You may also want to talk with a counselor if times are particularly difficult. Kaiser Permanente offers both individual and family therapy.

Recognizing depression

It is normal for children of this age to be moody. Hormone shifts—along with the ups and downs of school, friends, and family—can be difficult for pre-teens. However, if your child experiences some of the following symptoms for longer than two weeks at a time, he or she may be depressed:

- frequent crying, feeling hopeless
- loss of interest in friends, hobbies
- changes in sleeping or eating habits
- irritability or anger
- trouble concentrating

If you fear that your child may be depressed, make an appointment with a counselor or your child's doctor right away.

Other resources

Web sites

Kaiser Permanente
kp.org

Talking with Kids about Tough Issues
talkingwithkids.org

Parent-Teen.Com Parents' Press
parent-teen.com

American Academy of Pediatrics
healthychildren.org

National Highway Traffic Safety Administration
nhtsa.org

Books

Caring for Your School Age Child – Schor
Stop Treating Me Like a Kid! Everyday Parenting – Goldstein et al.

How to Talk so Kids Will Listen – Faber & Mazlish

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next check up is when your child is 12 - 14 years old.



Your child may get immunizations (shots) at the next visit.