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**Pierremont Pediatrics**

[www.pierremontpediatrics.com](http://www.pierremontpediatrics.com)

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## Pre-teen

### General health

- At 11 years of age your child should receive the following recommended vaccinations: Adacel (Tdap), Meningococcal vaccine (Menactra) and HPV-9 vaccine (Gardasil)
- It is important to limit TV/computer time at this age (less than 2 hours a day).
- We recommend children have limited to no access to social media—parents should be aware of web access and chat rooms on electronic games. Parents should have all logon IDs and passwords and monitor their children's interactions with other people via text or internet.
- Parents should monitor any access to the internet at this age.
- We recommend parents taking up all electronic devices at night and charging them in a common area of the house.
- It is important to encourage physical activity resulting in an accelerated heart rate, at least 30 minutes a day 5 days a week.
- Acne is a common skin condition we see in many pre-teenage and teenage patients. Since acne is due to bacteria on the skin we advise most patients to start treating acne with daily skin cleansing using bar soap or an acne facial wash. An over-the-counter topical acne product containing benzoyl peroxide can be used to help control breakouts and should be applied according to package instructions. Remember that some products if used too often may make skin appear irritated and treatment should then be decreased. Please discuss any questions you may have with your child's doctor.

### Nutrition

- Limit sugary drinks and snacks such as sodas or juices.
- Encourage your child to choose healthy snack and meal options with plenty of fruits and vegetables.
- Avoid fast food and fried foods that are high in calories and limited in nutritional value.

### Elimination

- Bedwetting that occurs spontaneously in a previously continent child or a child older than seven is abnormal and may be indicative of an illness. These concerns should be discussed with your child's doctor
- Bedwetting in children less than seven years of age may occur and can be discouraged by limiting fluids after dinner time, voiding immediately before bedtime, and occasionally using other means to gain bladder control. These concerns should be discussed with your child's doctor

### Sleep

[www.pierremontpediatrics.com](http://www.pierremontpediatrics.com)

- Pre-teens need approximately 8-12 hours of sleep a night. A regular bedtime routine with a consistent bedtime should be enforced.

### Behavior

- Pre-teens will begin experiencing early stages of puberty and parents should support discussions about puberty and be open to answering questions from their pre-teens regarding bodily changes.
- Parents should talk with school age children and pre-teens about developing responsible behavior regarding school work and work around the house.
- Tips on how to talk to your pre-teen about puberty and other issues can be found at [www.healthychildren.org](http://www.healthychildren.org)

### Injury Prevention

- Children should remain in the backseat in an adult size seat belt until they are at least 13 years old and ensure shoulder strap is appropriately placed over the shoulder at all times.
- A helmet should be worn when riding a bike, skateboard, motorcycle, or All Terrain Vehicle.
- Guns either should not be kept at the house (recommended by the American Academy of Pediatrics policy); or guns should be stored separately from ammunition. Both should remain in locked storage facilities at all times. Once a child is an appropriate age they should be educated on gun safety.
- Discuss who strangers are with your child and explain that they should not talk to or accept things from strangers.
- Teach your child how to call 911 and give a full name, address, and phone number. Discuss when and when not to call 911.
- Have working smoke detectors in your house. Check the batteries in your smoke detectors often.
- Create a fire safety plan for your home. Practice with your child what to do and where to go in case of a fire.

**“Come Grow With Us!”**

Today's Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_

Weight: \_\_\_\_lb \_\_\_\_oz ( \_\_\_\_%)

Height: \_\_\_\_inches ( \_\_\_\_%)

BMI: \_\_\_\_\_ ( \_\_\_\_%)

My next appointment: \_\_\_\_\_