

## CMA 11-14 Year Well Child Visit

### Growth and Development

Adolescents at this stage may:

- Experience voice changes; more pronounced in males
- Adjust to body changes and functions
- Have new feelings centered around their own body before developing more personal relationships
- Challenge authority, but still needs help learning to choose between right and wrong
- Continue to establish own standards of behavior and values
- Be more even tempered and cooperative
- Have special athletic, artistic, academic, or music talents that should be nurtured to develop a positive self image

### Nutrition

- Encourage 5 servings of fruits/veggies per day
- Encourage 3-4 servings dairy/calcium daily
- Eat 3 meals a day and snacks
- Discourage juice; Limit 8 oz a day max
- Avoid high fat foods, candy, chips, soda
- Participate in at least 30-60 minutes of physical activity 3-5 times a week
- Maintain family meals as much as possible

### Hygiene/Health practices

- Brush teeth at least twice a day; floss
- Dental check ups every 6 months
- Discuss sexuality/prepare for puberty in age appropriate manner
- **Maintain good hand washing practices**

### Social Skills and School Success/Sleep

- Need 8-10 hours of sleep per night
- Limit “Screen” time to less than 2 hours daily outside of school work
- Balance screen time with ability to engage with others face to face; Avoid electronics in bedroom; Turn screens off 1 hour before bedtime.
- Resolve conflict without violence
- Listen to, respect, and care about friends, but consider methods to handle peer pressure
- Start identifying talents and interests which may lead to a career choice
- Important for parents to remain involved in teen’s education; positive role modeling, encouragement, and positive reinforcement can help teen to be a successful learner

### Safety/Injury Prevention

- Accidents are chief cause of death at this age
- Use seatbelts at all times. It is advised to not sit in front seat until 13 years old.
- Use protective equipment when playing sports
- Learn to swim (if you don’t already know)
- Ensure smoke detectors in home are working; practice fire escape plan
- If firearms in the home, keep unloaded and locked out of sight with ammunition secured in separate location inaccessible to children. Assess friends homes if child spending time there.
- Keep Emergency numbers and Poison Control numbers (1-800-222-1222) near phone at all times
- Use sunscreen SPF 15 or higher before outdoor play
- Use helmets when riding a bike, scooter, skateboards, roller-blades
- Encourage not using cigarettes, chewing tobacco, alcohol, steroids, inhalants, illicit drugs, diet pills
- Avoid situations where drugs or alcohol are present; learn to say “no” to peer pressure
- Abstinence is the best way to prevent pregnancy, STI’s, HIV/AIDS
- Practice ways to resist sexual pressures
- Delay/limit social media use as long as possible: there is + correlation between high social media use and increased anxiety/depression. Mentor use on digital devices (discuss good citizenship)

### Family Issues

- Encourage dialogue about school, friends, feelings
- May be influenced by friends to engage in risky behaviors—have open discussions; know and meet friends
- Praise personal successes
- Set limits on unacceptable behavior
- Discuss family expectations
- Spend quality time with child
- Be aware of signs of depression: drop in grades, poor sleeping/eating, not participating in previously enjoyed activities

### Next Well Child Visit in 1 year

**\*Needs PE exam after May 1 if a sports clearance is needed for upcoming school year!**

\*See CMA links page for more helpful health information: [www.cmanva.com](http://www.cmanva.com)