



11 to 14 Year Well Visit

H:_____ %: _____ W:_____ %: _____ BMI:_____ %:_____

Nutrition: Low-fat milk and water are best beverage choices. Aim for 5 servings of fruit/veggies daily. Avoid sugary foods. Try to be active for 60 minutes each day.

Development/Mental Health:

Talk about body changes and working through feelings and worries openly. Get to know your child’s friends. Computer/tablet/screen use should be in the open and supervised, less than 2 hours daily. Avoid having a cell phone/TV/tablet on in your room at night, as it disturbs sleep. Encourage responsibility with schoolwork and chores and give praise readily.

Safety: AAP recommends sitting in the back seat until age 13. Bike helmets while on wheels and hills. Discuss avoidance of tobacco, vaping, drugs, alcohol -- make a codeword your child can use to notify you to retrieve them from a potential exposure. If there are any household guns, keep them and ammunition locked separately. Poison control **1-800-222-1222**.

Dental Health: AAPD recommends fluoride toothpaste with twice daily brushing, and dentist visits every 6 months.

Immunizations: Tdap at age 10 or older; Meningitis (menactra) age 11; HPV 2-dose series.

Medication Dosage:

	48-60 lb	60-72 lb	72-110 lb	>110 lb
Acetaminophen (160mg/5mL or chewtab; 325mg tablet)	10 mL (2 tsp) 325 mg	12.5 mL (2.5 tsp) 400 mg	15 mL (3 tsp) 490 mg	500 mg tablet, or two 325mg tablets
Children’s Ibuprofen (100mg/5mL or chewtab; 200mg tablet)	10 mL (2 tsp) 200 mg	12.5 mL (2.5 tsp) 250 mg	15 mL (3 tsp) 300 mg	400 mg (2 tablets)

Next visit: in one year