

12 YEAR CHECK-UP

TWEEN TIME!

NUTRITION

Offer only healthy meals and snacks; limit high calorie/low nutrition fast foods.

Involve them in meal making. Discuss about making good food choices.

Avoid sodas and juices. They should drink lots of water instead.

Exercise should be a part of their regular routine.

DEVELOPMENT & BEHAVIORAL

Older kids should be responsible for their actions. The opinions of friends are very important, perhaps more important than their parent's opinions. Discuss with your child how to make good choices in the company of friends.

Parents and kids should discuss issues of sexuality when they feel their kids are ready to learn new things. Discuss sexual values with your child.

Talk with your child about drugs, alcohol, & tobacco.

They should take responsibility for completing their homework and achieving goals. Each child has different skills and limitations. Be involved with your child's schoolwork and extracurricular activities.

Kids at this age are usually very curious to know more about sex. If you feel uncomfortable discussing this with your child, ask your doctor for help. Right education about the value of human relationships and feelings, goes a long way as they become an adult.

Girls need to be educated about menstrual periods and pregnancy. Boys will need to be talked to about wet dreams and erections.

Kids just want to know that their parents are being supportive and there for them. They learn by example, so try to be cordial and affectionate in your relationships.

Try to get to know your child's friends and their parents.

SLEEP

Your child needs 9 to 10 hours of uninterrupted sleep at nighttime. Try to help them be consistent in their times they go to bed and wake up every day.



**LATA SHRIDHARAN
MD, FAAP**

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Paste your child's picture here

Avoid television or other electronic media just before bedtime..

DENTAL CARE

Make sure your child brushes & flosses teeth twice a day. See the dentist every 6 months.

SAFETY

Make sure everyone has their seat belts on before you start the car.

Teach your kids the "right, left, right" rule. Look right, then left, and then right again to make sure there are no cars before you cross the road. Make sure your child always uses a bicycle helmet. Set a good example by always wearing your helmet. Purchase a bicycle that fits your child well. Don't buy a bicycle that is too big for your child. Bikes that are too big are associated with a greater risk of accidents.

Discuss safety outside the home with your child. Make sure your child knows her address and phone number and her parents' place(s) of work. Remind your child never to go anywhere with a stranger.

DO NOT smoke around your child or allow smoke in your home. Exposure to smoke causes more respiratory infections.

By practicing healthy habits, you will develop the same in your kids.

IMMUNIZATION

Your child may receive vaccines at this visit. These immunizations are recommended at 11 or 12 years of age:

- Tdap vaccine (tetanus, diphtheria, and pertussis)
- meningococcal conjugate vaccine
- HPV (human papillomavirus vaccine) is recommended for females aged 11 to 12. This vaccine protects against sexually transmitted warts and cervical cancer.

It is a good practice to get well checks every year.

Thank you for letting us be a part of your child's life!

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"Children are love made visible" – A Saying

