Anticipatory Guidance - 11 Year Checkup

Family
• Discuss additional help with teacher if there are concerns/bullying

Development and Behavior
• Discuss puberty and physical changes/sexuality
• Encourage constructive conflict resolution, demonstrate anger management at home
• Establish consistent limits/rules and consistent consequences
• Increase difficulty of chores to develop sense of family responsibility/self-accomplishment
• Limit TV/computer time to 2 hours/day
• Discuss school activities and school work
• Provide space/time for homework/personal time

Nutrition
• Provide nutritious meals and snacks; limit sweets/sodas/high-fat foods
• Importance of breakfast
• Healthy weight
• Eating behaviors
• Ensure adequate calcium and vitamin D

Routine Care
• Establish tooth brushing routine twice a day; floss daily
• Encourage personal hygiene routine
• Encourage physical activity for 1 hour/day

Safety
• Develop a family plan for exiting house in a fire/establish meeting place after exit
• Discuss drug/tobacco/alcohol use and peer pressure
• Do not allow riding in a car with teens who use alcohol/drugs
• Get to know child’s friends and their parents
• Lock up guns, enroll in gun safety class if interested
• Promote use of seat belt and ride in back seat until 12 (13) years old
• Provide home safety for fire/carbon monoxide poisoning
• Provide safe/quality/appropriate after-school care
• Supervise when near or in water even if child knows how to swim
• Teach self-safety if feeling unsafe at friend’s home/car, answer the door/telephone when adult not home, personal body privacy
• During sports wear protective gear at all times
• Use of helmet when riding bicycle, skating etc.