



ELEVEN TO FOURTEEN YEAR VISITS

Anticipatory Guidance

Safety

- Make sure everyone always wears a lap and shoulder seat belt in the car.
- Provide a properly fitting helmet and safety gear for riding scooters, biking, skating, skiing, snowboarding, and horseback riding.
- Make sure your child wears a life jacket for water sports.
- Use a hat, sun protection clothing, and sunscreen with SPF 30 or higher. Limit time outside when the sun is strongest (11am-3pm).
- If you have a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Make sure your child knows how to get help if he or she feels unsafe.

Your Growing and Changing Child

- Help your child get to the dentist twice a year.
- Encourage your child to brush her teeth twice a day and floss once a day.
- Praise your child when she does something well, not just when she looks good.
- Support a healthy body weight and help your child be a healthy eater.
 - Provide healthy foods.
 - Eat together as a family.
 - Be a role model.
- Help your child get enough calcium with two to three servings of dairy per day.
- Encourage your child to get at least 1 hour of physical activity every day. Make sure she uses helmets and other safety gear.
- Consider making a family media use plan. Make rules for media use and balance your child's time for physical activities and other activities.
- Check in with your child's teacher about grades. Attend school events when possible.
- Talk with your child as she takes over responsibility for schoolwork.
- Help your child with organizing her time, if she needs it.
- Encourage daily reading.

Healthy Behavior Choices

- Help your child find fun, safe things to do.
- Make sure your child knows how you feel about alcohol and drug use.
- Know your child's friends and their parents. Be aware of where your child is and what he is doing at all times.
- Lock your liquor in a cabinet.
- Store prescription medications in a locked cabinet.
- Talk with your child about relationships, sex, and values.
- If you are uncomfortable talking about puberty or sexual pressures with your child, please ask us or others you trust for reliable information that can help.
- Use clear and consistent rules and discipline with your child.

Feelings

- Find ways to spend time with your child.
- Help your child find activities she is interested in, besides schoolwork.
- Help your child find and try activities that help others.
- Help your child deal with conflict.
- Encourage your child to think through problems with your support.
- Help your child figure out nonviolent ways to handle anger or fear.
- Encourage your child to be part of family decisions. Give your child the chance to make more of her own decisions as she grows older.
- If you are concerned that your child is sad, depressed, nervous, irritable, hopeless, or angry, let us know.

Next Well Check: In one year

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next year with your child.