



ELEVEN TO FOURTEEN YEARS OLD

WELL CHECK VISIT

NUTRITION

- THREE HEALTHY MEALS WITH 2-3 HEALTHY SNACKS PER DAY
 - Use WWW.CHOOSEMYPLATE.GOV TO CORRECTLY PORTION MEALS
- SKIM OR 2% MILK
 - NO MORE THAN 16-24 OZ PER DAY
- ALWAYS EAT BREAKFAST.
- STOP EATING WHEN FEELING FULL.
- EAT MEALS AS A FAMILY WITHOUT THE TV.
- LIMIT HIGH FAT FOODS AND CANDY.
- NO JUICE, SOFT DRINKS, SPORTS DRINKS, OR CHOCOLATE MILK

DEVELOPMENT

- DISCUSS PUBERTY AND CHANGES TO EXPECT IN THE BODY
- ENCOURAGE YOUR CHILD TO MAKE DECISIONS
- CREATE A HOMEWORK ROUTINE

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS (BHCs) ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!
- IF YOUR CHILD IS STRUGGLING WITH ANXIETY OR DEPRESSION, PLEASE REACH OUT TO OUR BHCs.

HEALTHY TEETH

- BRUSH TEETH TWICE PER DAY AND FLOSS ONCE PER DAY.
- DENTIST APPOINTMENT 2 TIMES PER YEAR

SAFETY

- ALWAYS WEAR A SEATBELT IN THE CAR AND SIT IN THE BACKSEAT UNTIL 13 YEARS OF AGE.
- WEAR SUNSCREEN OUTSIDE (SPF 15 OR GREATER).
- TALK WITH YOUR CHILD ABOUT NOT SMOKING TOBACCO PRODUCTS, USING DRUGS, OR DRINKING ALCOHOL
- ALWAYS WEAR A HELMET WHEN BIKING SKATING, SKIING, AND SNOWBOARDING.
- KNOW YOUR CHILD'S FRIENDS AND THEIR FAMILIES.
- KNOW WHO YOUR CHILD IS TALKING WITH ONLINE.
- SUPERVISE YOUR CHILD WHILE SWIMMING AND TEACH YOUR CHILD TO SWIM.
- CALL POISON CONTROL CENTER (1-800-222-1222) IF YOUR CHILD EATS A POISON, MEDICATIONS, OR CLEANING SUPPLY.
- DISCUSS HOW TO STAY SAFE AND A PLAN FOR PERSONAL SAFETY.
- STORE FIREARMS IN A LOCKED AREA UNLOADED.

ACTIVITIES

- SPEND TIME WITH FAMILY AND BUILD RELATIONSHIPS.
- PRAISE SUCCESS IN SCHOOL.
- 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY
- ENCOURAGE ACTIVITIES OUTSIDE OF SCHOOL.
- LIMIT TV, IPAD, COMPUTER, AND CELL PHONE TIME TO LESS THAN 2 HOURS PER DAY AND ALWAYS SUPERVISE SCREEN TIME

NEXT VISIT: 1-2 YEARS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG